30 DAYS TO Better SKIN

NEW!

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YOUR **DAY-BY-DAY** GUIDE TO SKINCARE CONFIDENCE

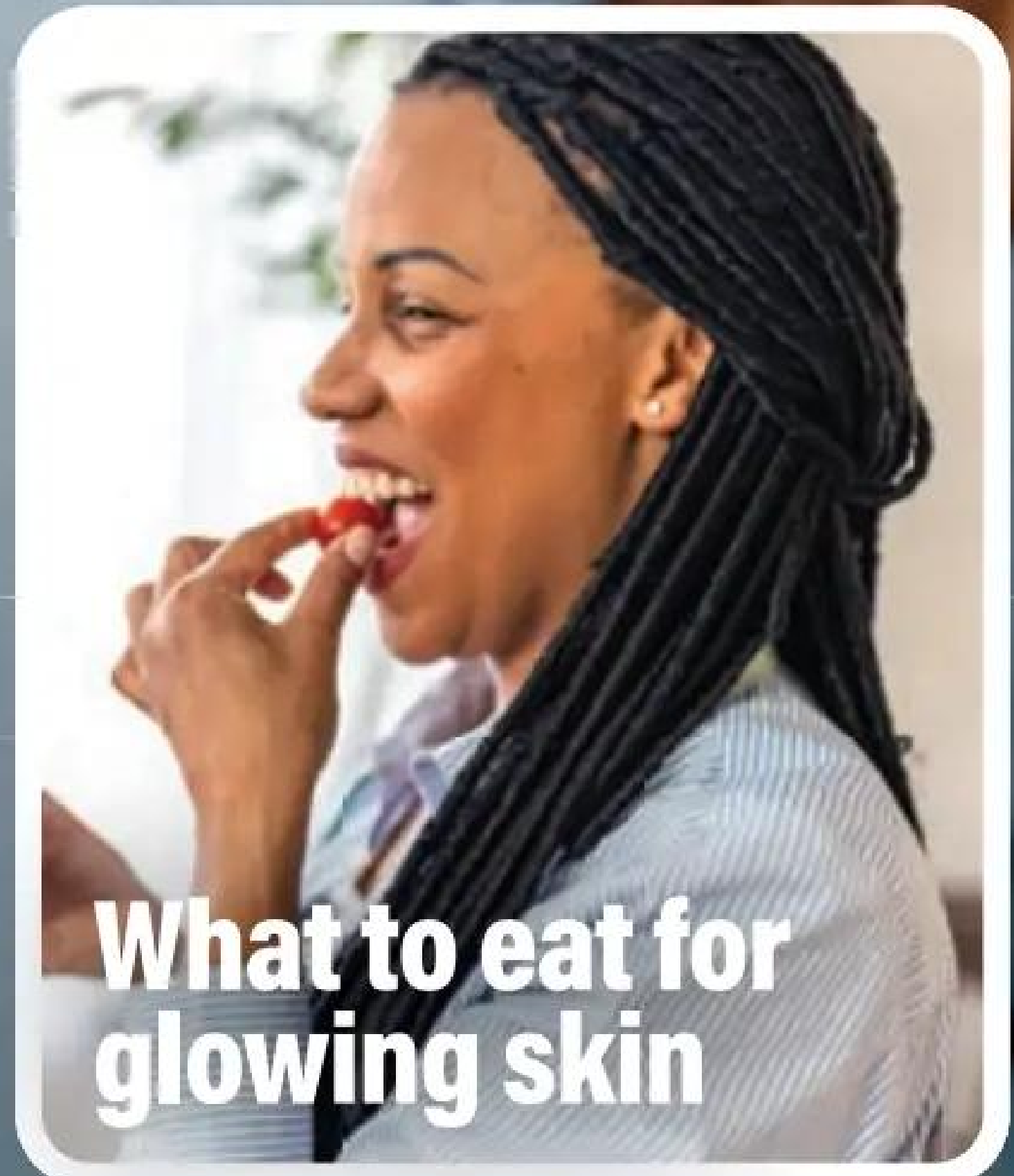
BEAUTIFUL SKIN BACKED BY SCIENCE!

BRIGHTER, HEALTHIER SKIN STARTS HERE!

+ Discover which trends to adopt & avoid

How to adapt with the seasons

Top tips for every age & skin type



What to eat for glowing skin

Natural skincare to make at home

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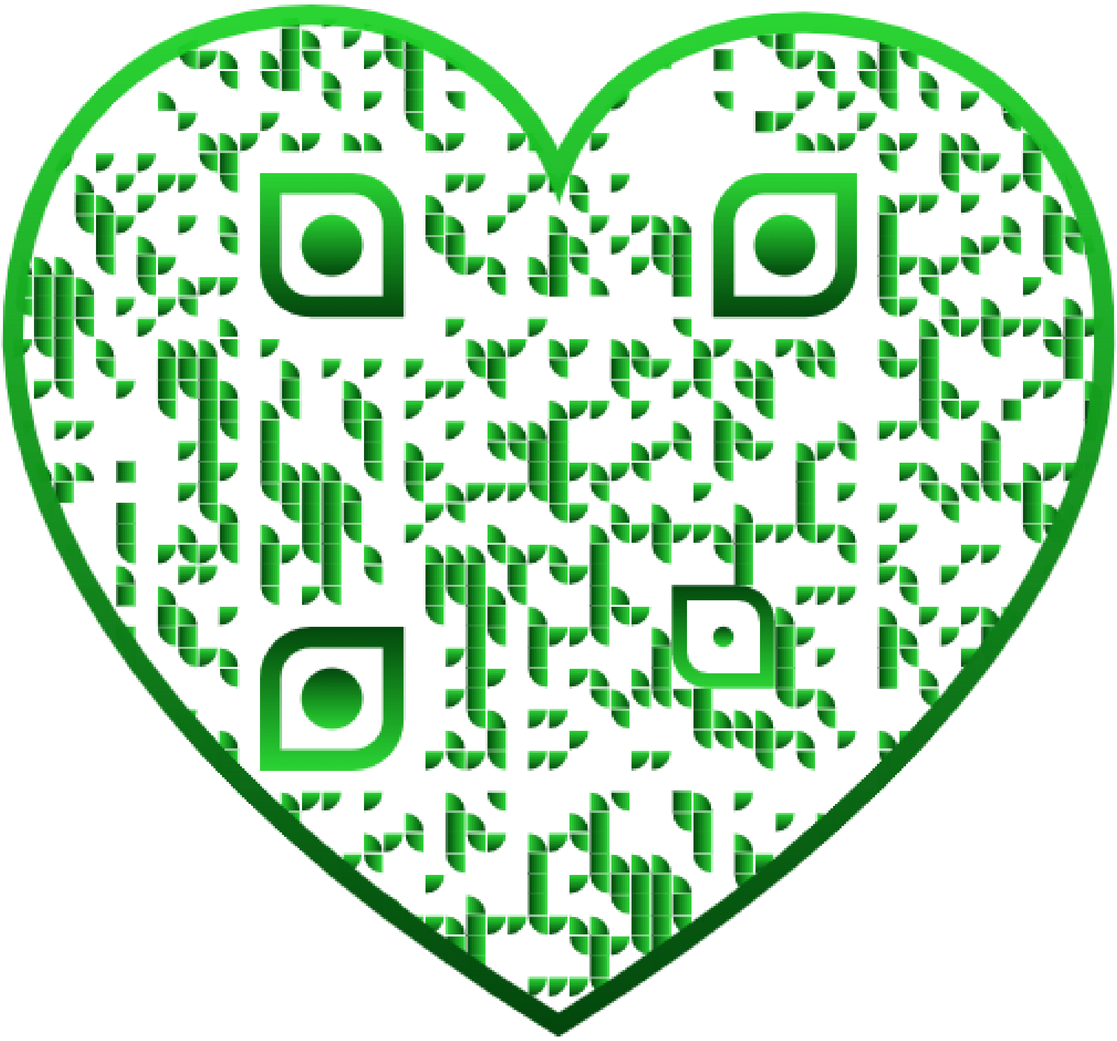


> "Nature gives you the
> face you have at 20, it's
> up to you to merit the
> face you have at 50."
>
> **Coco Chanel**

Welcome

If you're anything like us, not a day goes by that we don't see a new skincare trend or product pop up on social media. It can all get a bit overwhelming. But if you don't have the basics right, then trying all the products in the world won't help you to achieve naturally radiant skin.

The aim of this magazine is to encourage you to incorporate those basics into your everyday routine. Whether that's drinking more water, starting to wear SPF every day, getting better quality sleep or finding the right skincare routine, we've got 30 new habits for you to try. And remember, we're not aiming for perfection here, because nobody's skin is flawless 100 per cent of the time. Instead, we want to provide you with the tools and confidence to give your skin a fresh, healthy glow. After all, it's our body's largest organ, so it's definitely worth investing in.

Sally, Holly & Julian
The *30 Days To* team

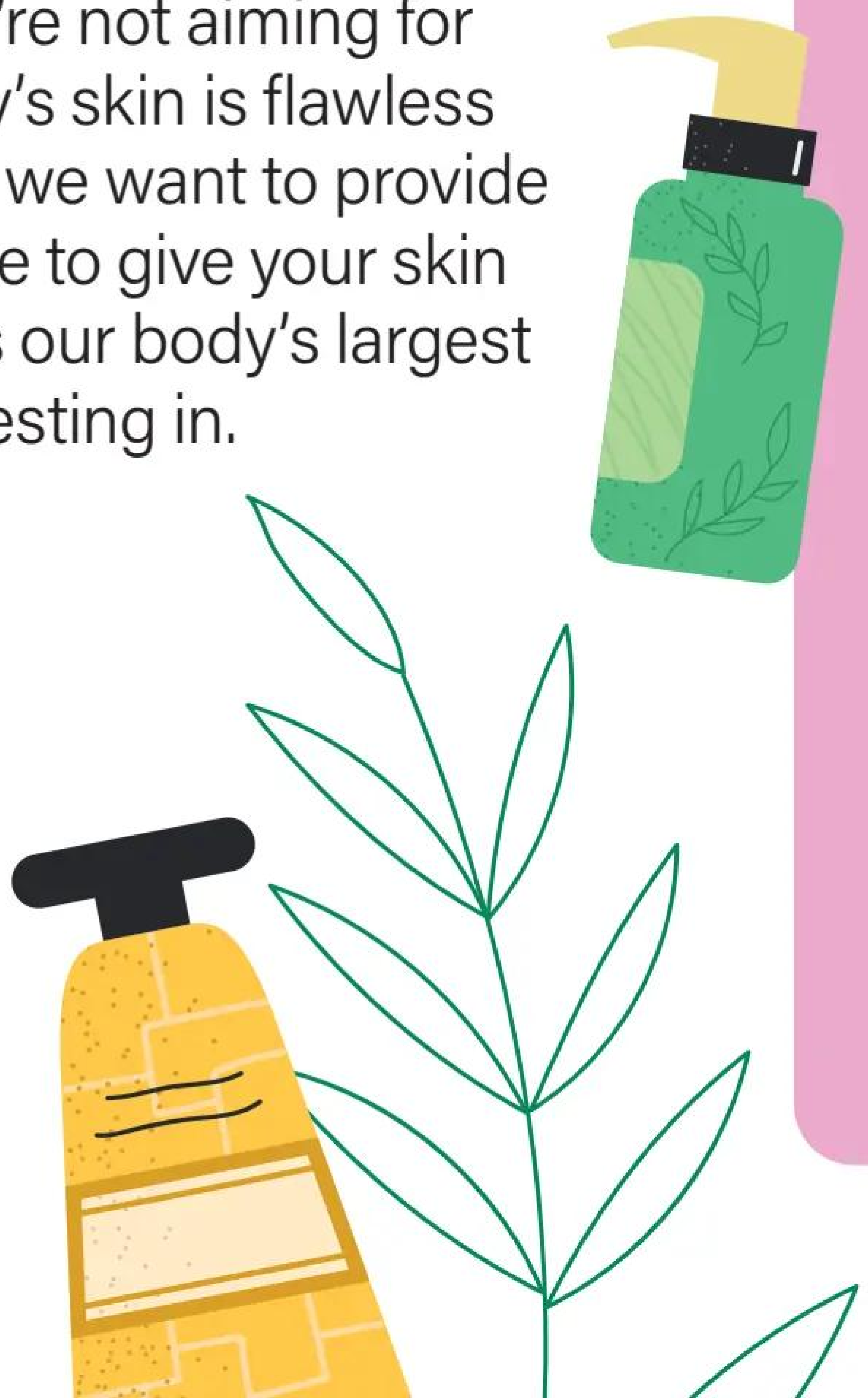
30 DAYS TO Better SKIN

What you can expect from 30 Days To...

1 **Build healthy habits one day at a time.** Rome wasn't built in a day, and you can't expect your habits to change that quickly either. Making one small change every day makes it all feel much more achievable and less overwhelming.

2 **Make it stick.** Experts say it takes 30 days to build a habit and for your brain to start considering it to be part of your routine. So don't expect everything to come naturally straight away – give yourself time. By the end of the month you'll get there.

3 **Personalise the plan.** We're not expecting you to adopt all 30 habits for the rest of your life. Take stock every week and see which ones sit best with you and are helping. Keep those up, and leave behind the ones that don't work for you.



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Understanding SKIN

Words: Dr Ed Robinson

You may know that skin is our largest organ, but did you know that it's the heaviest? Here we explore the science behind caring for your skin, and why it's so important...

When we think about beauty and health, skin is often the first thing that comes to mind. It's the body's largest organ, our outermost layer of protection, and the canvas that reflects much of what's happening inside. Yet despite seeing it every day, many people only have a surface-level understanding of how skin works and how best to look after it.

In this feature, we'll break down the basics: what skin is, how it's structured, and the key to keeping it healthy, resilient and glowing.

What is skin?

Skin is a living, multifunctional organ with roles that go far beyond appearance. It protects us from bacteria, viruses, pollutants and ultraviolet light, while also preventing vital water loss.

Our skin regulates temperature through sweating and blood flow and houses immune cells that act as first responders to injury or infection. Millions of nerve endings make it one of our most sensitive sensory organs, allowing us to feel pressure, heat, cold and pain.

Just as importantly, skin is often a mirror of internal health. Changes in its colour, texture or healing ability can reveal nutritional deficiencies, hormonal fluctuations, or medical conditions. From pale lips that may suggest anaemia, to yellowing (jaundice) that signals liver problems, skin frequently tells a story about what is happening inside the body.

The average adult carries around 16-22 square feet of skin, weighing about 3-4 kilograms. That makes it the heaviest single organ in the body.

Why skin health matters

Because skin plays so many roles, its health is central not only to appearance, but also to overall wellbeing. Compromised skin can

>

"The average adult carries around 16-22 square feet of skin, weighing about 3-4 kilograms."

> "Caring for skin effectively does not require shelves of products or lengthy routines."

lead to problems, ranging from dryness and sensitivity to more complex inflammatory conditions like eczema, acne and psoriasis. Moreover, cumulative damage from sun exposure and lifestyle factors can accelerate visible ageing and increase the risk of skin cancers.

How to look after your skin: The fundamentals

Caring for skin effectively does not require shelves of products or lengthy routines. Instead, consistency with a few key steps delivers the best results.

The foundation is cleansing. Washing the face twice daily with a gentle, pH-balanced cleanser removes sweat, oil and pollutants without stripping away protective oils. Over-washing or scrubbing harshly often backfires, leaving skin sensitive and prone to breakouts.

Moisturising comes next. A good moisturiser locks in water, replaces lost oils, and supports the skin barrier. Modern products often contain ingredients such as ceramides, which repair the barrier, and hyaluronic acid, which attracts and holds water. Gels and lotions suit oilier skin, while creams or balms are better in dry climates or winter months.

Perhaps the single most important step is sun protection, as ultraviolet radiation is the leading cause of premature ageing and significantly increases the risk of skin cancer. Applying a broad-spectrum sunscreen of at least SPF 30 every morning (even when it's cloudy) is essential. For longer periods spent outdoors, reapplication every two hours is recommended.

Nutrition and lifestyle lay the foundation for healthy, resilient skin. Antioxidant-rich foods, such as fruits and vegetables, support repair, while omega-3 fatty acids from oily fish and flaxseed maintain elasticity. Adequate hydration keeps cells functioning well, while sleep gives the skin time to repair overnight.

Stress management helps prevent flare-ups of acne or eczema, while completely avoiding smoking and moderating alcohol intake protects collagen, elastin and hydration. Regular exercise also benefits your skin by improving circulation and oxygen delivery.

Common skin concerns and what they tell us

Even with careful routines, most people will encounter problems at some stage. Dryness and sensitivity often appear in winter or after exposure to harsh products. When the barrier is disrupted, water escapes too easily and irritants penetrate more readily. Persistent dryness may signal conditions such as eczema or hormonal imbalances.

Acne is another common issue, increasingly seen in adults as well as teenagers. Hormonal changes, stress, medications, and diets that are high in refined carbohydrates and processed foods can all contribute, with blocked pores and inflammation at the root.

Uneven pigmentation is a frequent concern, especially after summer or prolonged UV exposure. This can be particularly challenging to treat and accumulates throughout life; sunspots, melasma, and post-acne marks all reflect excess melanin production. Redness and flushing, meanwhile, may suggest rosacea, a condition often triggered by alcohol, spicy food, or temperature extremes.

Finally, natural ageing changes are inevitable. Collagen and elastin decline over time, while cell turnover slows, leading to fine lines, sagging and dullness. While these changes cannot be prevented, they can be slowed through protective and restorative care.

It is important to recognise when concerns may be more serious though. Non-healing sores, changing moles, or unusual rashes should always be reviewed promptly by a doctor, as they may point to skin cancers or other illnesses.

Professional treatments: when to consider them

For some concerns, home care alone may not be enough. Professional treatments can support skin health at a deeper level:

- **Medical-grade facials:** Boost hydration, clarity, and barrier repair.
- **Light and laser therapies:** Target pigmentation, redness, and stimulate collagen.
- **Injectables (such as skin boosters):** Improve hydration and skin quality.
- **Microneedling and regenerative treatments (PRP, exosomes)**: Encourage natural repair and collagen production.

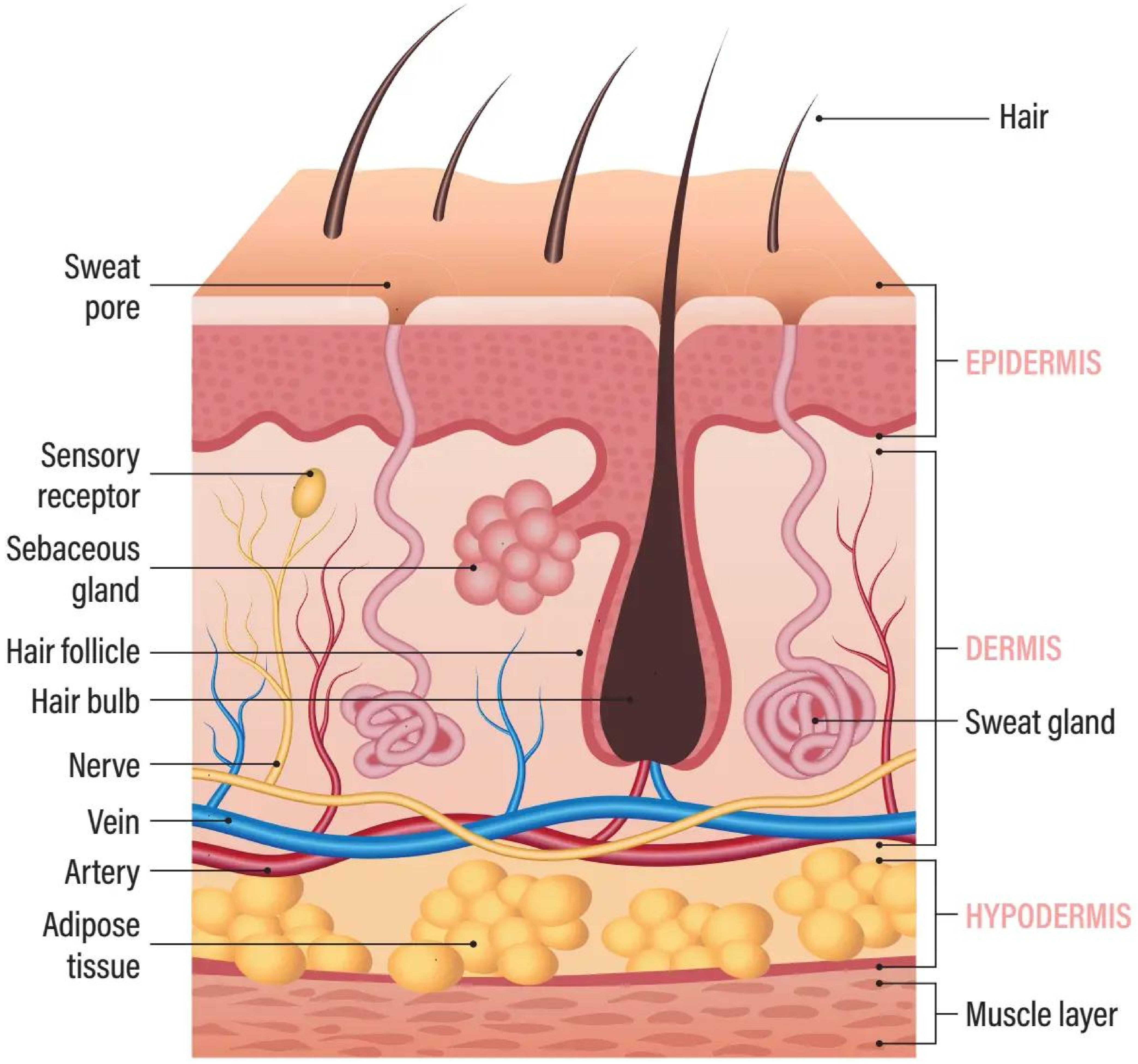
Always seek advice from a qualified medical professional to ensure that treatments are appropriate and safe.

The future of skin care

The future of skin care is moving toward personalisation and regeneration. Treatments such as platelet-rich plasma (PRP), exosomes, and peptide therapies harness the body's own healing signals to repair tissue and stimulate collagen production. These methods aim not just to conceal the signs of ageing, but to restore skin's underlying vitality.

Technology is also now shaping care at home. Devices such as LED masks, skin scanners, and personalised skincare regimes are already entering the mainstream. At the same time, the industry is shifting towards barrier-first care, with products that strengthen rather than strip, and sustainability, with refillable packaging and transparent ingredient sourcing.

The overall direction is clear: skincare is less about chasing a flawless ideal and more about enhancing resilience, function, and long-term health.



GET TO KNOW

The layers of skin

To understand how to care for your skin, we need to look beneath the surface

SKIN IS MADE UP OF THREE MAIN LAYERS

1 EPIDERMIS THE OUTER LAYER

- Primarily made of cells called keratinocytes. Constantly renews itself every 28-40 days, shedding dead cells and replacing them with new ones.
- Houses melanocytes, which produce melanin (pigment) that determines skin colour and helps protect against UV rays.
- Contains the skin barrier (stratum corneum), crucial for locking in hydration and keeping out irritants.

2 DERMIS THE MIDDLE LAYER

- Made of collagen and elastin fibres, giving skin strength and flexibility.
- Contains blood vessels, hair follicles, oil (sebaceous) glands, and sweat glands.
- Rich in sensory nerves that allow us to feel touch, heat, and pain.

3 HYPODERMIS THE DEEPEST LAYER

- Primarily fat and connective tissue.
- Cushions organs, stores energy, and helps regulate temperature.

Science OF YOUR SKIN

Learn more about the science going on under your skin, and how to manage it, by turning to page 83.

Do you know your skin type?

Words: Lauren Hughes

How we care for our skin can change depending on whether we have normal, oily, dry or combination skin. Do you know what yours really is? Take our quiz to make sure...

1 How does your skin texture feel?

A) Rough and often flaky.
B) Some parts are shiny and other parts are rough and scaly.
C) Comfortable and balanced.
D) Greasy feeling and it's a constant battle to keep the oil under control.

2 How is your skin when you wake up in the morning?

A) Uncomfortable and scaly. Desperate to put moisturiser on.
B) Oily in some areas and dry in some others.
C) Balanced, but can sometimes get a little shiny down the T-zone throughout the day.
D) Noticeably greasy (and not just from the residue from a product you might have applied before bed!)

3 What do your pores look like?

A) Small and barely visible.
B) Noticeably much bigger in some areas than others.
C) Visible and perhaps slightly bigger down the centre of the face.
D) Large and very prone to blackheads and whiteheads.

4 What type of moisturiser does your skin get on best with?

A) Rich, thick cream texture. The heavier the better.
B) Struggle to find one that suits the whole face.
C) Cream texture.
D) Lightweight gel texture (or you often skip moisturiser altogether)

Results

If you answered mostly A, you likely have dry skin

If you have dry skin it means that your sebaceous glands are not producing enough sebum, and so the top layers of your epidermis are not lubricated enough. Your skin will therefore feel rough, uncomfortable and there will often be flakiness. Using products that include occlusives, such as rosehip seed oil, shea butter and/or petrolatum, can help to lock in moisture. It's also wise to be more cautious with actives, such as retinol and glycolic acid, as dry skin has a harder time tolerating these.

If you answered mostly B, you likely have combination skin

If you have combination skin it means that your sebaceous glands are behaving differently on different parts of your face. In some areas they will be overproducing oil and in other areas they will be under-producing oil, resulting in some greasy areas and some rough, flaky areas. True combination skin isn't as common as people think and it's often confused for normal but dehydrated skin (please see more below). If you truly have combination skin, using a mandelic acid product on the oilier areas, plus a gel-cream moisturiser on the whole face can help to balance everything out.

If you answered mostly C, you likely have normal skin

If you have normal skin it means that your sebaceous glands are producing the correct amount of sebum so your skin feels comfortable, balanced and supple. It is common for people with normal skin to also have dehydrated skin, which means that it can get a little shiny down the centre of the face throughout the day. Using a gentle cleanser with lukewarm water, a good hydrating serum, plus a cream moisturiser during the day, will help keep it hydrated and balanced. Normal skin types tend to tolerate actives such as retinol and vitamin C well.

If you answered mostly D, you likely have oily skin

If you have oily skin it means that your sebaceous glands are overproducing sebum, resulting in too much oil coming out onto the surface. Oily skin will feel greasy and you will be much more prone to blackheads and whiteheads across the face. A lot of people with oily skin think that it is best to skip moisturiser, but oily skin is actually very often dehydrated and needs humectants to attract water into the skin, so use a lightweight gel moisturiser even though it can seem counter-intuitive. Oily skin tends to tolerate actives such as retinol and salicylic acid well, and these ingredients can help regulate sebum production and reduce blackheads and whiteheads too.

Your skin transformation journal

Day 1...

Right now, I would describe my skin type as...
(oily, dry, combination, sensitive, balanced)

Lifestyle check

Water intake
(glasses per day)

Average sleep
(hours per night)

My top 3 skin concerns are...
(redness, acne, dullness, irritation)

Breakouts or irritation – I experience them when...
(explore how often and where)

On a scale of 1-10, my confidence level in my skin is... (and what would make that number higher?)

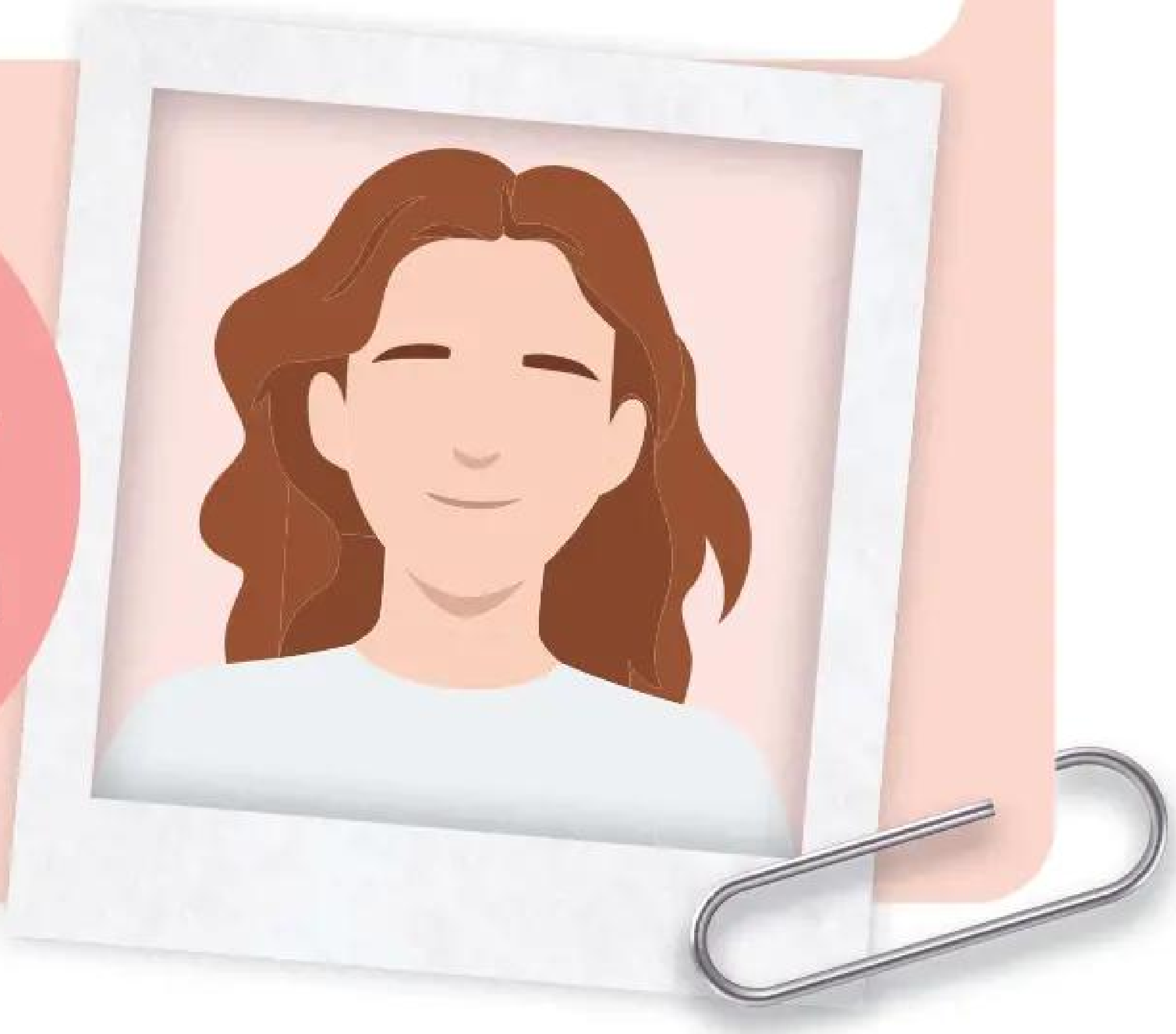
My skin's reaction to new products is generally...
(resilient or quick to flare up?)

At the end of the day my skin usually feels...
(tight, dry, irritated, comfortable, smooth)

I apply SPF... (how often do you apply it, and do you use it all year round?)

My current skincare routine is...
(list what you do morning and night)

Take a clear, natural-light photo of your face today.
Note any areas you'd like to monitor



Take 5 minutes to really look at your skin. This is your personal starting point, and a chance to decide what you'd like to start changing over the next 30 days. Be honest and record all of your thoughts. At the end of the 30 days, take another 5 minutes to reflect on your progress and decide how you want to continue.

...Day 30

Right now, I would describe my skin type as...
(oily, dry, combination, sensitive, balanced)

Lifestyle check

Water intake
(glasses per day)

Average sleep
(hours per night)

My top 3 skin concerns are...
(redness, acne, dullness, irritation)

Breakouts or irritation – I experience them when...
(explore how often and where)

On a scale of 1-10, my confidence level in my skin is... (and what would make that number higher?)

My skin's reaction to new products is generally...
(resilient or quick to flare up?)

At the end of the day my skin usually feels...
(tight, dry, irritated, comfortable, smooth)

I apply SPF... (how often do you apply it, and do you use it all year round?)

My current skincare routine is...
(list what you do morning and night)

Take a clear, natural-light photo of your face today. Note what has changed in your complexion from the photo you took on day 1

WIN! £75 worth of **Skin + Me** goodies

Enter for a chance to win £75 to spend at **Skin + Me** – completely on us!

Prize WORTH £75

It can be a bit of a minefield in the world of skincare, navigating hundreds of brands to find the products that are going to work for you. Skin + Me aim to simplify the process, bringing you effective skincare that's backed by medical expertise and technology. Founded in 2018, they are aiming to change the face of skincare, working with the UK's best dermatologists to design powerful, personalised skincare plans. With treatments made to order and delivered directly to you, you can say goodbye to wasted products and hello to an easy skincare solution. Find out more at skinandme.com.

For Eden
Skin+Me
PRO
Skin+Me
LIGHT MOISTURISER
Skin+Me
FOAMING CLEANSER

How to Enter

For your chance to win £75 to spend at Skin + Me, simply answer the following question at the link below:

Q What year was Skin + Me founded?
A) 2015 **B)** 2018 **C)** 2020

Enter online at ***anthem.co.uk/betterskin*** or scan the QR code

T&Cs: Competition is open to all UK residents aged above 18 years. Only one entry per person. Choice of products must be one-time purchases, and cannot include recurring monthly treatment plans. For full terms and conditions, visit anthem.co.uk/competition. Closing date: 15th December 2025.

HOW IT WORKS

Now you know what skin is, and what type you've got, it's time to check out how to improve it. In the following pages, Rachel Ifans will guide you through **30 simple habits** that help you achieve great looking and feeling skin from day 1!

WEEK 1

HYDRATION AND CLEANSING

Drink an extra 2 glasses of water 16
Wash pillowcases and bedding 18
Adopt a daily cleansing routine..... 20
Gently exfoliate 22
Add a hydrating mist or toner....... 24
Skip makeup for one full day........ 26
Prioritise moisturising 28

WEEK 2

NATURAL SKIN BOOSTERS

Eat a handful of nuts or seeds 30
Add a rainbow of veggies to meals . 32
Incorporate an omega-3 source.... 34
Cut back on sugar for the day....... 36
Add a probiotic food for gut health . 38
Eat a zinc-rich food 40
Try using Aloe vera.................. 42

WEEK 3

TOPICAL SKINCARE UPGRADES

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Use a hydrating sheet or DIY mask . 46
Moisturise your body 48
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Try dry brushing 52
Identify triggers that irritate skin.... 54
Get to know ingredients 56

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LIFESTYLE HABITS

Sleep 7-9 hours 58
Do 20 minutes of exercise 60
Manage stress with deep breathing 62
Wash makeup brushes and tools... 64
Have a gentle facial massage....... 66
Try lukewarm showers 68
Ditch the wipes 70

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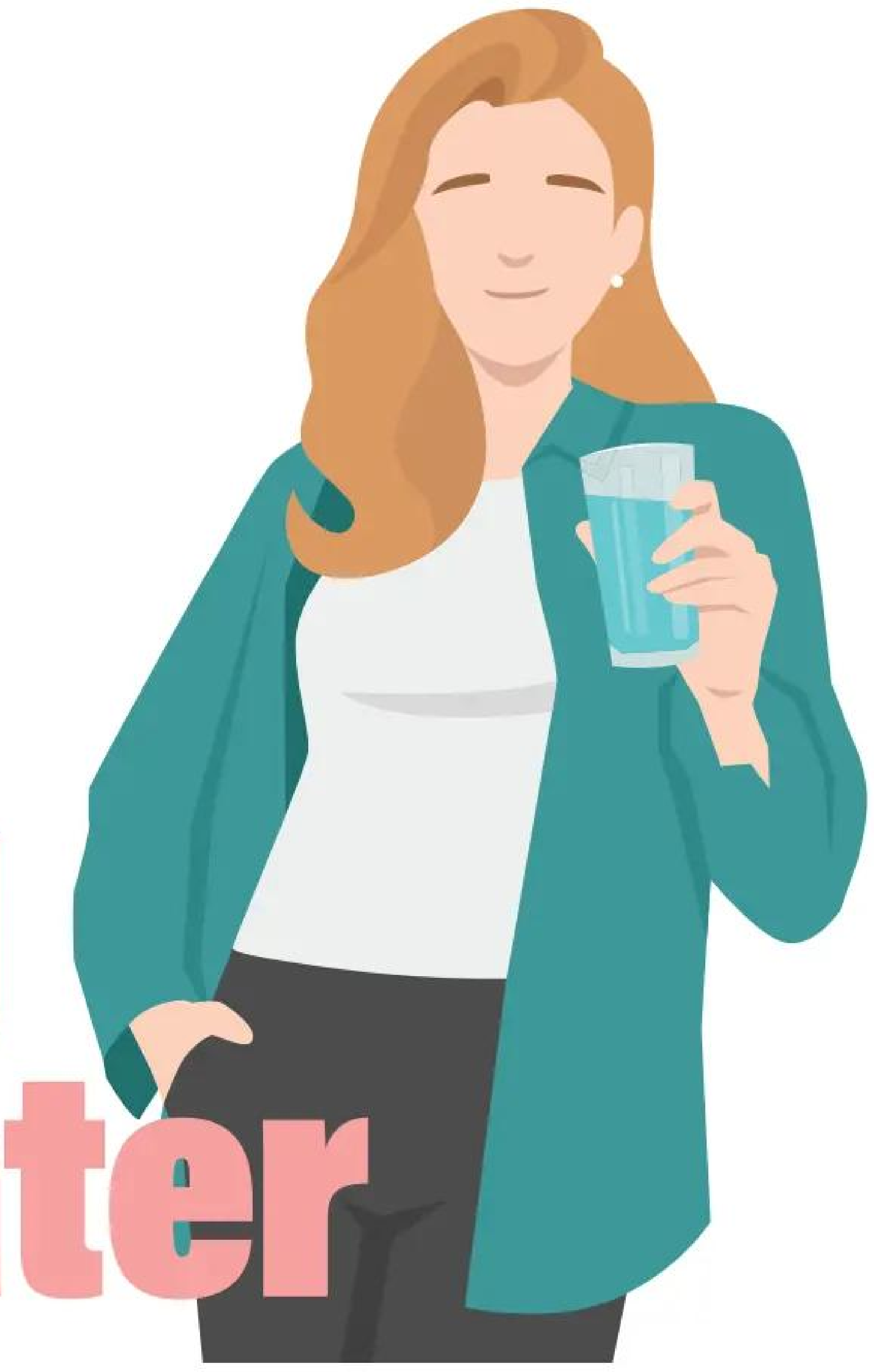


DAY
01

Focus on... drinking more water

Improving the health of your skin can be as simple as making sure you stay hydrated

Now, don't take this as a reason to not read the rest of this mag back-to-back, but… drinking more water is one of the most effective things you can do to get a healthy, glowing complexion. Think of your skin cells like tiny grapes; when they're properly hydrated, they're plump and juicy, giving your skin a smooth, firm appearance. When they're dehydrated, they can shrivel up, which can make fine lines and wrinkles more noticeable.

Of course, water is essential for almost every bodily function, not just transporting nutrients to your skin cells and flushing out toxins. When you don't drink enough water, your body prioritises sending the fluid you do have to vital organs, like your brain and heart. This can leave your skin a bit 'thirsty', which can make it appear dry, tight and even flaky. Staying hydrated can also help regulate your body temperature and aid in the removal of metabolic waste.

How much to drink

According to the NHS Eatwell guide, we should be aiming for about 6-8 glasses of fluid a day (which is about 2-2.5 litres). This includes not just water, but tea and coffee, too. However, if you are feeling particularly thirsty or if you have been working out, you might need to drink even more. A good way to check your hydration level is to look at the colour of your urine; it should be clear or a pale yellow (straw) colour. Dark urine, a dry mouth or feeling dizzy can all be signs that you are dehydrated.

> **"Staying hydrated can also help regulate your body temperature and aid in the removal of metabolic waste."**

Make it easy

Keep a reusable water bottle with you and aim to finish it twice a day, on top of your usual fluid intake.

5 *top tips* to drink more water

These simple ideas will turn hydrating into an easy to achieve habit

1. Try adding a slice of lemon, cucumber or some fresh mint to your water to make it more appealing.
2. You can boost your hydration naturally by snacking on water-rich foods such as cucumber, oranges and watermelon.
3. Set up alarms at regular intervals throughout the day that remind you to take a drink.
4. Fill a bottle of water and pop it in the fridge so you have a refreshing drink ready to go at any time.
5. Invest in a chic reusable water bottle that you will want to take around with you.

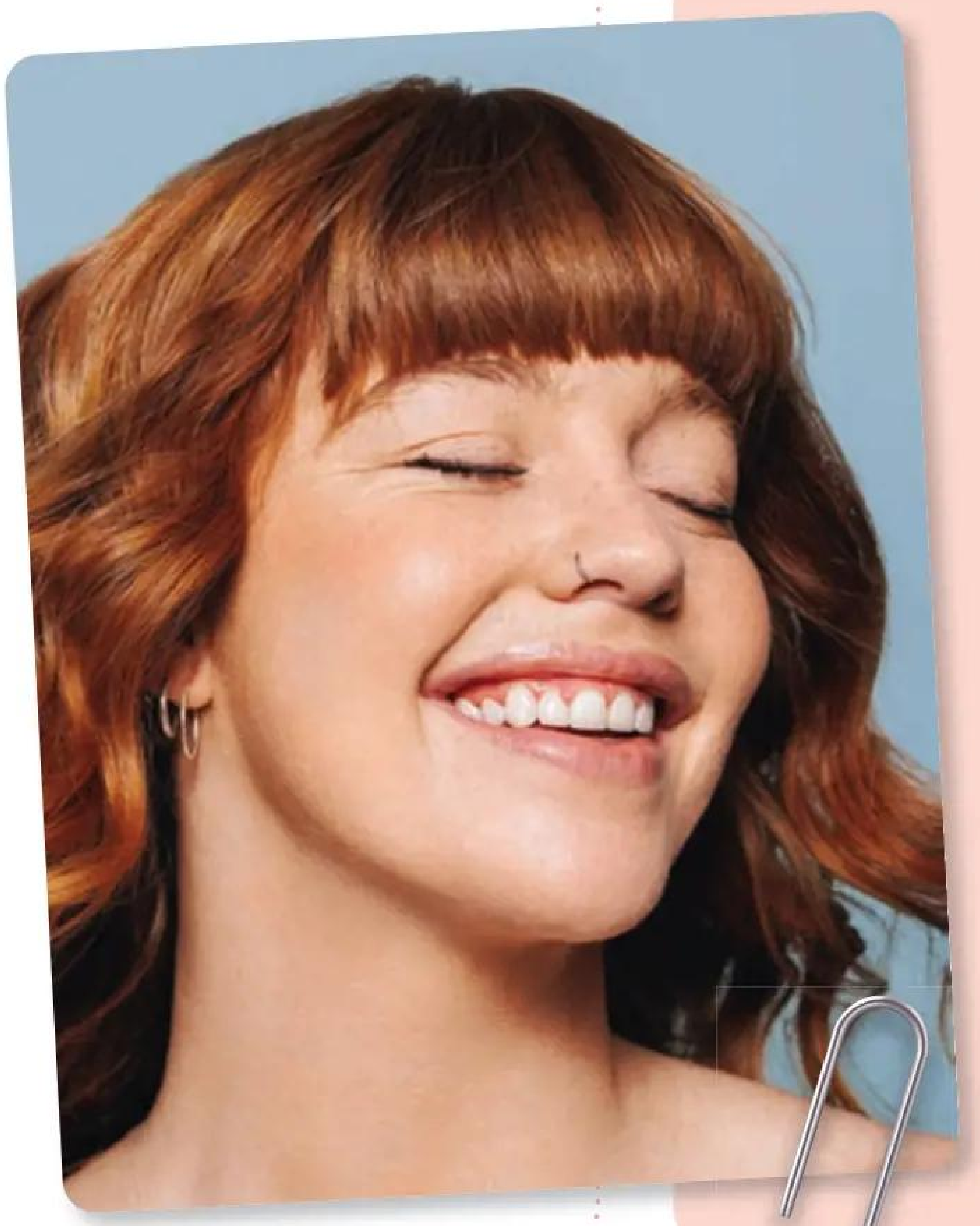
PRODUCT OF THE DAY

Shea butter

Be kind to your skin with this fat extracted from the shea tree

Shea butter is a highly moisturising ingredient that won't block pores, and contains vitamins, fatty acids and minerals to promote collagen production. It's anti-inflammatory so it can soothe skin conditions such as eczema and psoriasis.

● *Recommended by* ***Georgina Tang****, founder of beauty brand YNNY (ynny.co.uk)*



FACT OF THE DAY

Skin is really good at looking after itself

Skin is the protective barrier that helps protect your body from all kinds of harm

The most important thing you can do for your skin is to retain and protect your natural protective barrier. This keeps your skin waterproof, stopping your natural moisture from getting out, and stopping pollutants, microbes and external irritants from getting in. A damaged skin barrier will lead to dry skin, flaky, red skin, and to possible invasion/infection from microbes. Don't over exfoliate – those keratin cells are there to keep this barrier intact. Don't use products containing harsh emulsifiers – these wash out the protective lipids. Don't use products containing harsh preservatives – these can disrupt the protective skin's microbiome. Instead, gentle exfoliation with a simple face cloth or a gentle clay, simple water or oil and hot cloth cleansing, and using just an oil or a balm (with no water or emulsifiers or preservatives) to moisturise will keep your skin healthy and hydrated.

● ***Neve's Bees*** (nevesbees.co.uk)

My skincare diary

Date / /

Do this... **EVERY DAY**

○ Today I... Drank an extra two glasses of water

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning

○ **Cleanser**

○ **Moisturiser**

○ **SPF**

Evening

○ **Cleanser**

○ **Moisturiser**

Notes

DIY Skincare

RECIPE OF THE DAY

Aloe + cucumber gel cleanser

INGREDIENTS
½ a cucumber,
2 tbsp aloe vera gel

INSTRUCTIONS
Blend the cucumber, strain the juice, mix with aloe. Store in the fridge for up to 3 days.

Disclaimer: Always do a patch test before use

DAY 02

Focus on... washing your bedding

One common cause of skin problems could be affecting you while you sleep

The penny has dropped for most of us that we really should commit to a daily skincare routine, but have you ever considered what happens during the night? Your pillowcase can be a surprising saboteur in the fight for a clear, healthy complexion.

Under the cover of darkness

We spend roughly a third of our lives with our face pressed against our pillows, and during that time, a lot is happening. Your pillowcase becomes a magnet for dead skin cells, sweat, oil, leftover makeup and residue from hair products and night creams. This creates a perfect breeding ground for bacteria and yeast, which can contribute to clogged pores and breakouts. The warmth and moisture from your body create an ideal, humid environment for these microbes to thrive under the cover of darkness, while dust mites can also collect in your bedding, triggering allergic reactions that lead to redness and irritation.

In fact, dermatologists even have a name for acne caused by friction and pressure on the skin: acne mechanica. Think about all those hours of pressure, friction and bacteria being pressed into your skin. It's no wonder a dirty pillowcase can worsen existing breakouts or even trigger new ones. A simple, easy habit of regularly washing your pillowcases helps keep your skin's environment clean and gives your skincare products a better chance to do their job without fighting an invisible enemy. Aim to change your pillowcases at least once a week to keep the bacterial build-up to a minimum.

> **"It's no wonder a dirty pillowcase can worsen existing breakouts or even trigger new ones."**

Make it easy

Switch to silk or satin pillowcases. These fabrics create less friction on your skin than cotton, and can help to reduce redness and irritation. They're also less absorbent, so they won't soak up your skincare products quite as much as cotton does.

What is acne mechanica?

Find out what causes this type of skin problem and how you can prevent it

Acne mechanica is a type of acne that is caused by mechanical irritation or friction on the skin. It occurs from constant rubbing, squeezing or pressure from objects like helmets and hats, and can come from having your mobile phone on the side of your cheek for a long time. This irritation inflames the hair follicles and leads to breakouts and is often made worse by dirty bed linen, tight clothing and frequent touching, as well as the use of harsh skincare products. Prevention comes from gentle treatment of your beautiful skin; limit rubbing and squeezing and only use products that are simple and kind. Keep clothing loose and instigate a regular laundry routine.

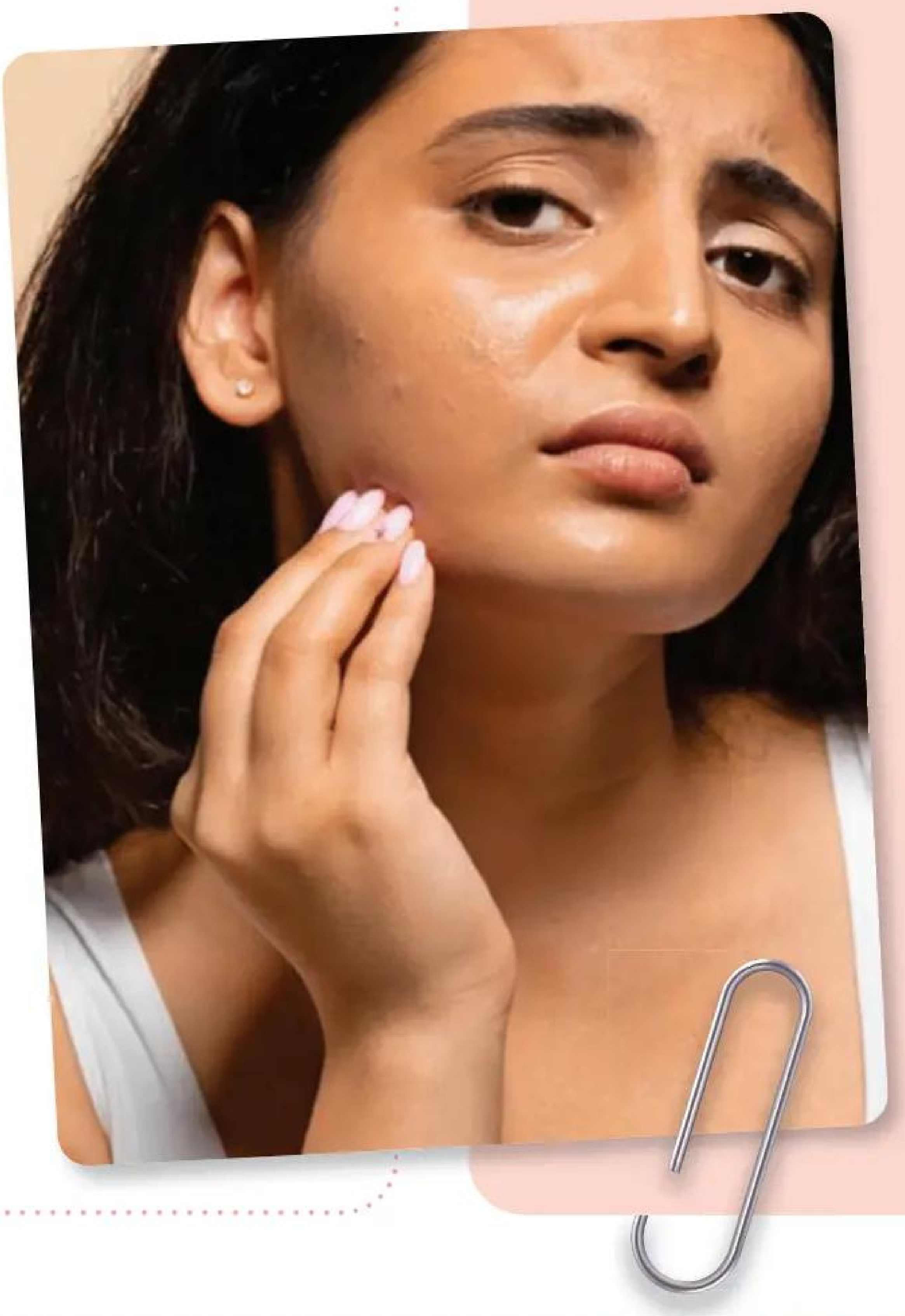
PRODUCT OF THE DAY

Nettle

Once you've got past the stings, nettles turn out to be good for you

Nettle is a skin-nourishing powerhouse. It's packed with vitamin C and iron, and it stimulates circulation, helping the body flush out its impurities for a brighter complexion. Herbalists have long used nettle tea for burns, acne and stubborn skin conditions because of its blood-cleansing and mineral-rich qualities. By supporting the kidneys and adrenals, nettle strengthens the body's natural detoxification pathways, easing the load on the skin created by daily life. The best way to use nettle is to make a tea – just pick the fresh tips.

● *Recommended by* ***Kathy Sanderson****, Founder of Healing from Within (healingfromwithin.co.uk)*



FACT OF THE DAY

Toothpaste doesn't belong on your face

There are good reasons to keep toothpaste on your teeth and not on your skin...

Toothpaste has no business being on your face. It was made to clean teeth, not treat inflamed, infected skin. That temporary drying when you apply it to a spot comes from ingredients like triclosan (now banned in many countries), hydrogen peroxide, baking soda or menthol and other flavouring agents. These aren't acne treatments. They're irritants. Toothpaste throws your skin barrier off balance and, in darker skin tones, it often triggers post-inflammatory hyperpigmentation that sticks around far longer than the pimple ever would. Unlike cleansers, toothpaste isn't formulated with skin PH in mind. It's not sterile, not tested for facial use, and not meant for broken or inflamed skin.

● ***Dr Hansel Misquitta,*** *International Doctor and Aesthetic Practitioner*

My skincare diary

Date / /

Do this... **ONCE A WEEK**

○ Today I... Washed my bedding

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning

○ **Cleanser**

○ **Moisturiser**

○ **SPF**

Evening

○ **Cleanser**

○ **Moisturiser**

Notes

DIY Skincare

RECIPE OF THE DAY

Green tea toner

INGREDIENTS

1 green tea bag, ½ cup water

INSTRUCTIONS

Brew the tea bag in hot water for 5 minutes. Let cool completely. Apply with a cotton pad or spritz. Refrigerate. Use within 3 days.

Disclaimer: Always do a patch test before use

DAY 03

Focus on... daily cleansing routines

Getting into a daily routine means you will always be a step ahead of any problems

Make it easy

Take your face off; make cleansing your face the first thing you do when you get home from work. It'll set the tone for a more relaxing evening ahead.

Cleanse, tone and moisturise! Who else grew up with this handy mantra ringing in their ears? But our mums were wise and years later cleansing is still the first step to any good skincare routine. Think of it like this: your skin is constantly exposed to a cocktail of environmental stresses, from pollution and dirt to sweat and makeup. A gentle yet effective cleansing routine helps to remove these impurities, preventing clogged pores, breakouts and dullness. When you cleanse, you're not just washing your face; you're creating a clean slate that allows other skincare products to penetrate more effectively.

Daily cleansing routine

For best results, cleanse twice a day: once in the morning and once at night. Your morning cleanse helps to remove any oil and toxins your skin has eliminated overnight, while the evening cleanse is crucial for washing away the grime accumulated throughout the day. This is particularly important for those that are living in urban areas, as air pollution can cling to your skin and really dull your shine.

Using lukewarm water is key, as hot water can strip the skin of its natural oils. Look for a cleanser that suits your skin type: a creamy cleanser for dry skin, a gel or foam for oily skin or a gentle, non-foaming one for sensitive skin. Make sure to massage gently for at least 60 seconds to really work away the impurities. By making cleansing a part of your daily life, you're setting your skin up for long-term success.

> **"Using lukewarm water is key, as hot water can strip the skin of its natural oils."**

5 top tips for a cleansing routine

Adopt these five steps to make your daily routine as effective as possible

1 Double cleanse in the evening. Start with an oil-based cleanser to break down makeup and sunscreen, followed by a water-based one to deep-cleanse your pores.

2 Don't just cleanse your face; extend the routine to your neck and jawline. These areas are often neglected and can be prone to breakouts and clogged pores too.

3 Be gentle with your skin. Use your fingertips instead of a harsh flannel, and pat your face dry with a clean, soft towel rather than rubbing.

4 Wash your hands before you start your routine. This simple step prevents you from transferring bacteria from your hands to your face.

5 Store a cleanser in the shower as a prompt to do it every day.

PRODUCT OF THE DAY

Cleansing balms

Treat your dry or sensitive skin to a luxurious cleansing balm

Cleansing balms are a luxurious way to remove makeup and impurities. They melt onto the skin, lifting away dirt and sunscreen without stripping natural oils. Simply massage it in, add a splash of water to emulsify, then rinse for soft, clean skin. Gentle and effective, cleansing balms are especially good for dry or sensitive skin, leaving it nourished as well as cleansed – especially in winter. They're the perfect first step in a double cleanse routine, giving you a fresh, healthy base.

MYTH-BUSTER OF THE DAY

Everyone must cleanse in the morning

For every rule there is an exception, and this is even the case when it comes to cleansing

For dry, menopausal or sensitive skin, skipping a morning cleanse may actually be better. Overnight, your skin isn't exposed to the same dirt and pollutants as during the day. Over-cleansing can strip essential lipids, leaving the skin barrier vulnerable and prone to irritation and redness. A simple rinse with water, followed by hydrating serum, moisturiser and sunscreen, is often enough. This approach preserves hydration while still protecting against environmental stressors. Many of my clients see improvement to the health of their skin and barrier.

● ***Justine Masters,***
The Alternative Facialist,
(justinemasters.london)

My skincare diary

Date / /

Do this... **EVERY DAY**

○ **Today I...** Did my daily cleanse

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning

○ **Cleanser**

○ **Moisturiser**

○ **SPF**

Evening

○ **Cleanser**

○ **Moisturiser**

Notes

DIY Skincare

RECIPE OF THE DAY

Oat milk cleanser

INGREDIENTS
¼ cup oats,
½ cup warm water

INSTRUCTIONS
Soak the oats in water for 10 minutes, then strain. Use the liquid as a cleanser.

Disclaimer: Always do a patch test before use

DAY 04

Focus on... gently exfoliating

Your skin renews cells all the time, so you need to keep up with it and exfoliate

Is exfoliation just another unnecessary thing we're told to do by the mammoth, wallet-sucking beauty industry? Well, no. Even though your skin naturally sheds dead skin cells every month, sometimes the process can slow down. When this happens, your complexion starts to look dull and rough and may even lead to clogged pores and breakouts. Gentle exfoliation helps to remove this build-up, leaving your skin smoother, more radiant and better able to absorb the other products you apply.

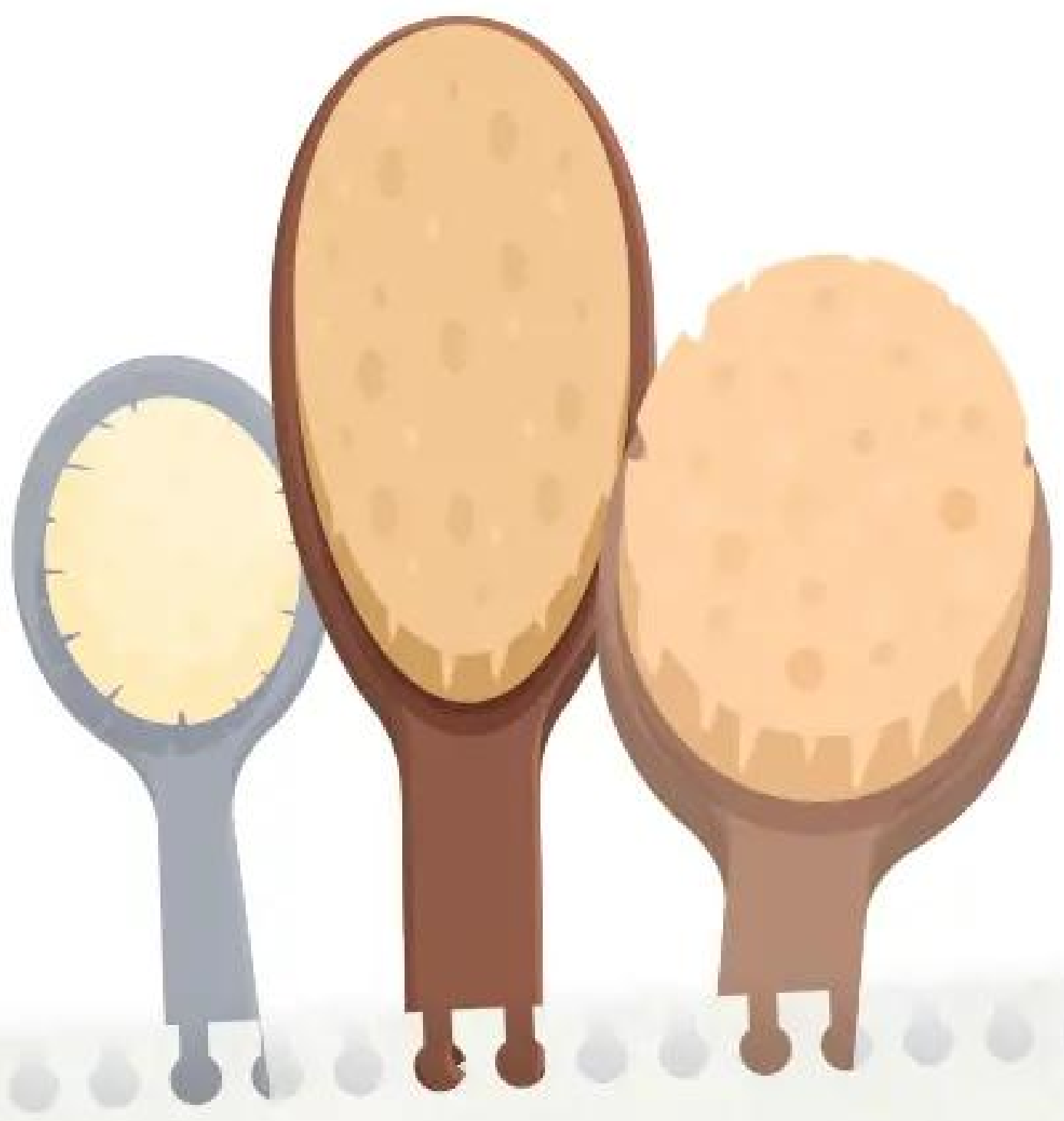
Physical or chemical

Let's get into the nitty gritty (excuse the pun!). There are two main types of exfoliation: chemical and physical. Physical exfoliants use small granules or brushes to manually slough off dead skin cells. Chemical exfoliants use acids, such as AHAs (alpha-hydroxy acids) or BHAs (beta-hydroxy acids), to dissolve the bonds between skin cells.

For those new to the process, a chemical exfoliant can be a great option because the acids work to break down the 'glue' holding dead skin cells together, which is often a gentler process than physical scrubbing.

And here's a bit of good news; you don't need to exfoliate every day. It's best to start with a gentle chemical exfoliant or a mild physical scrub, a few times a week. Over-exfoliating can damage your skin's natural barrier, leading to redness, irritation and sensitivity, so pay close attention to how your skin reacts and adjust your routine as needed.

> "Start with a gentle chemical exfoliant or a mild physical scrub, a few times a week."



Make it easy

Start by exfoliating just twice a week to get your skin used to the process and to avoid overdoing it.

5 top tips to make sure you exfoliate gently

Remove dead skin cells without causing any irritation or damage

1 If you're into chemical exfoliators, look for products with lactic or glycolic acid as these acids are less likely to cause irritation.

2 If you prefer a physical scrub, choose one with fine, uniform particles, such as jojoba beads or oat flour, to avoid micro-tears in your skin.

3 Apply the exfoliant using gentle, circular motions with the pads of your fingertips for about 30 seconds before rinsing with lukewarm water.

4 Always moisturise after exfoliating to soothe your skin and lock in hydration.

5 Applying a hydrating serum before your moisturiser can also help to give you a noticeable glow-up.

PRODUCT OF THE DAY

Gua sha

Try this technique that uses a smooth tool to stimulate your skin and give you a calming skincare ritual

Gua sha is a traditional East Asian healing technique that involves gently scraping the skin with a smooth-edged tool, usually made of jade or rose quartz. To practise, apply facial oil or moisturiser, then glide the tool upward and outward along the face, neck, or body with light to moderate pressure. This stimulates circulation, reduces puffiness, and relieves muscle tension. Regular gua sha may also promote lymphatic drainage, enhance skin elasticity, and provide a calming, therapeutic self-care ritual.

MYTH-BUSTER OF THE DAY

You only need to exfoliate once a week

Your skin doesn't take a day off, so you need to keep up with it too

One of the biggest skincare myths is that you only need to exfoliate once a week. In reality, our skin is designed to shed cells daily, but modern products often glue those cells down, slowing renewal and leaving skin sluggish. Gentle, regular exfoliation encourages healthy turnover, strengthens the barrier and brings fresh cells to the surface. Think of it as keeping the skin active and vibrant, rather than letting it sit dull and congested.

● ***Kate Kerr,** Advanced Clinical Facialist – Kate Kerr London (katekerrlondon.co.uk)*

My skincare diary

Date / /

Do this... **REGULARLY**

○ **Today I...** Exfoliated my skin gently

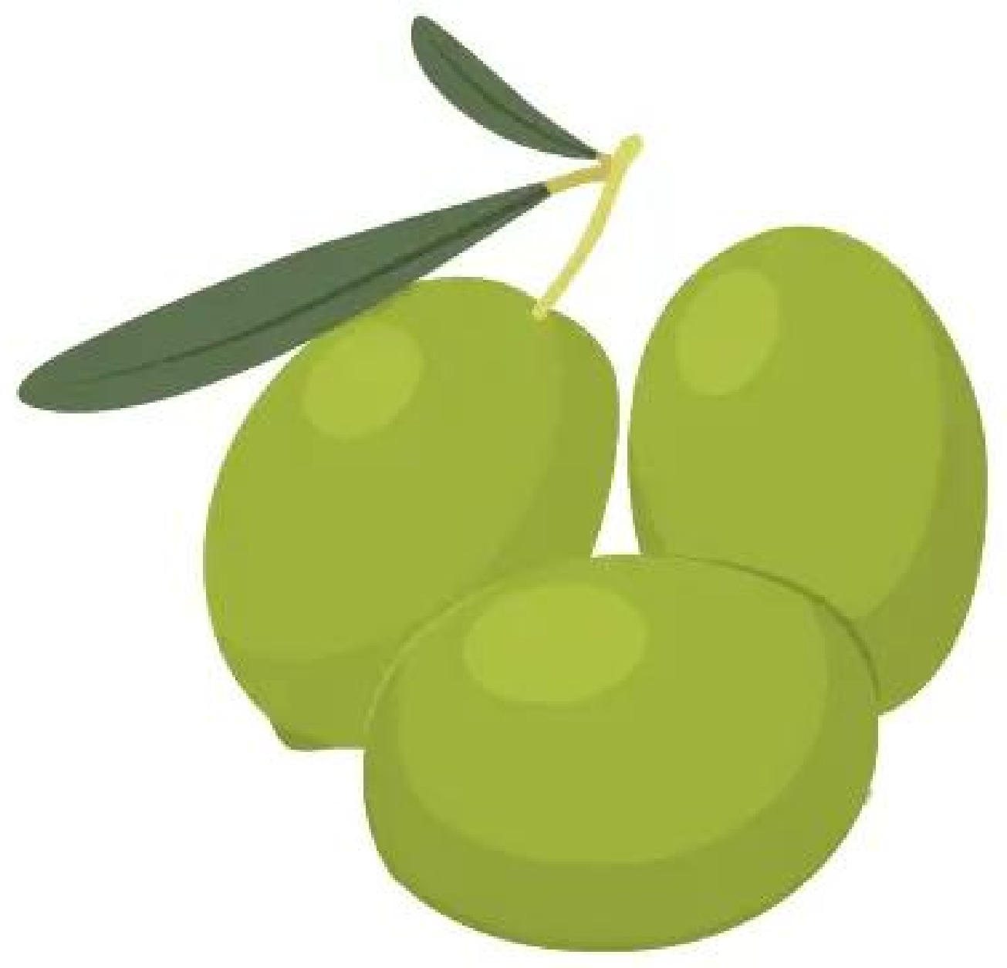
Skin check Clear Balanced Dry Oily Irritated Glowing

Morning	Evening
○ **Cleanser**	○ **Cleanser**
○ **Moisturiser**	○ **Moisturiser**
○ **SPF**	

Notes

DIY Skincare

RECIPE OF THE DAY



Sugar and olive oil scrub

INGREDIENTS
1 tbsp sugar,
1 tsp olive oil

INSTRUCTIONS
Massage gently on damp skin, then rinse.

Disclaimer: Always do a patch test before use

DAY 05

Focus on... hydrating mist or toners

Straight after a cleanse your skin will enjoy a refreshing burst of hydrating mist

After cleansing, your skin's pH can be a little off-balance, and it can lose moisture quickly. This is where a hydrating mist or toner comes in. A toner is designed to rebalance your skin, provide an immediate burst of hydration, and prepare it for the rest of your routine.

By instantly replenishing moisture, toners prevent the tight feeling that can follow a cleanse, helping your skin stay plump and healthy. They also work really well for those of us with dry or sensitive skin, treating your skin to a super calming and hydrating facial.

No more alcohol

The key is to choose the right kind of toner. Gone are the days of harsh alcohol products that made you feel like Kevin in *Home Alone*; ouch! Instead, look for hydrating mists and toners that contain ingredients like hyaluronic acid, glycerin or rose water. These ingredients are brilliant at drawing moisture into the skin and locking it in. A quick spritz or a gentle sweep with a cotton pad right after cleansing helps to soothe any post-wash tightness and leaves your skin feeling plump and dewy.

Make it easy

Keep your toner or mist next to the sink as a visual prompt to apply it immediately after you've washed your face.

> "By instantly replenishing moisture, toners prevent the tight feeling that can follow a cleanse."

5 top tips for using a hydrating mist or toner

Keeping your skin looking and feeling great can be aided by a mist or toner

1. Spritzing a mist on slightly damp skin helps to trap in the water, boosting its hydrating benefits.
2. Store your mist in the fridge; the chill is particularly lovely on a hot day or after a workout. (Just make sure your family know it's not something to spray on food!)
3. A light spritz over your makeup can help to revitalise your complexion and give you a dewy, non-cakey finish.
4. Look for toners that contain antioxidants such as green tea extract. These can help protect your skin from environmental damage throughout the day.
5. If you prefer to apply toner with a pad instead, using a reusable one is a more sustainable option than single-use cotton pads.

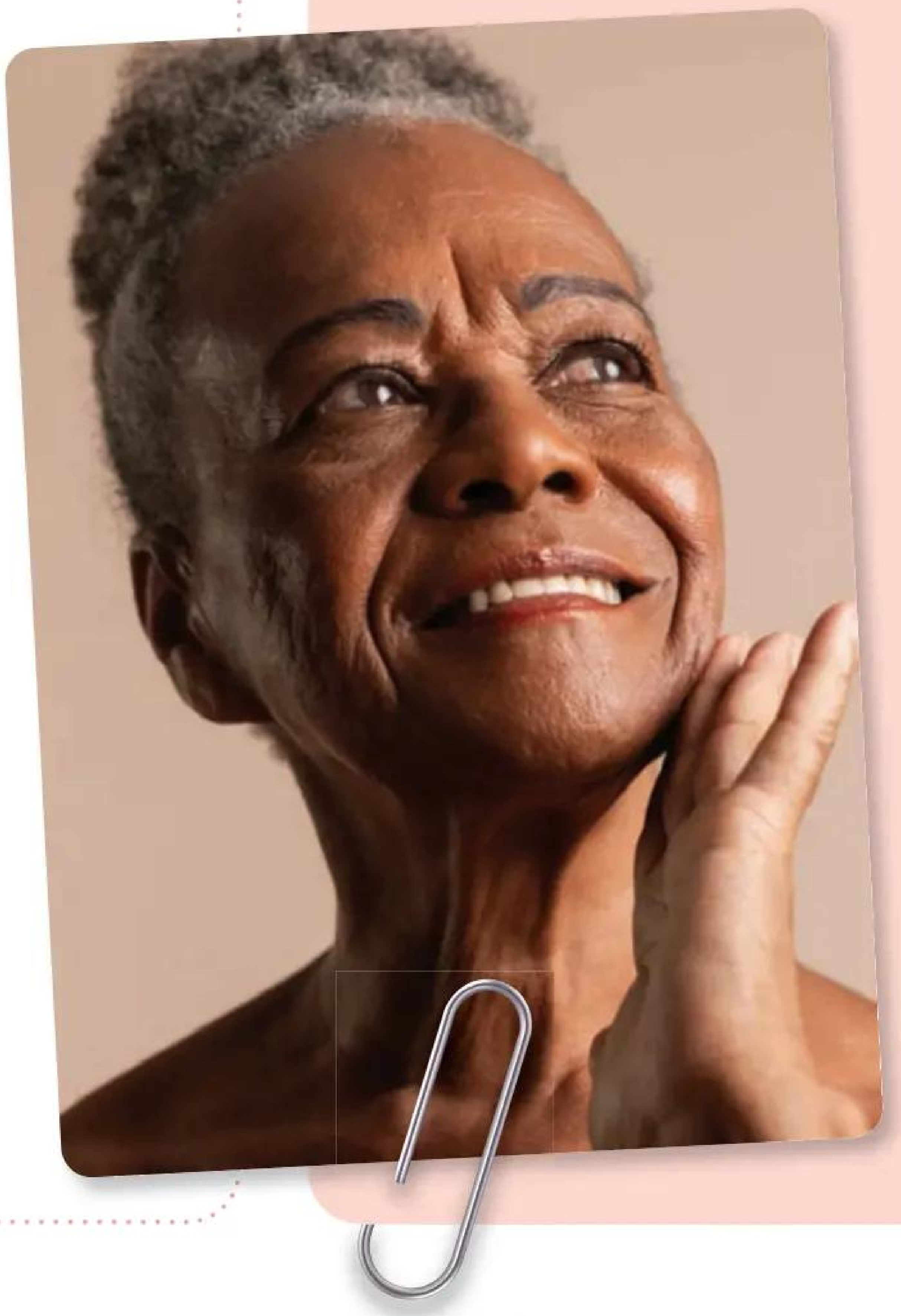
PRODUCT OF THE DAY

Zi cao (arnebiae radix)

This healing herb has been used in Chinese medicine for centuries

Zi cao has been treasured in Chinese medicine for centuries as a cooling and soothing herb. It clears 'heat', reduces inflammation, and calms irritation, making it particularly effective for eczema, psoriasis and other inflammatory rashes. Its rich purple pigment is more than just colour – it carries compounds that support repair and regeneration of damaged skin. Modern research also highlights its moisturising effects by its ability to strongly stimulate ceramide production, strengthening the skin barrier. *Zi cao* remains a cornerstone botanical for calmer, healthier, more resilient skin.

● *Recommended by **Kathy Sanderson**, Founder of Healing from Within (healingfromwithin.co.uk)*



MYTH-BUSTER OF THE DAY

Your pores open and close

Pores may look different at times, but it's not actually because they open or close...

Pores opening and closing is a common skincare myth. In reality, pores don't have muscles, so they can't physically open or close. What changes their appearance is what's inside them, like oil, dead skin, or debris. Steam or warm water can help loosen blockages, making pores look smaller after cleansing, but they never 'close'. Consistent exfoliation and sun protection are the best ways to keep your pores refined and healthy-looking.

● ***Joolia Gilvey,** Owner & Founder, Aesthetic Nurse Practitioner, The Clinic Norwich (theclinicnorwich.co.uk)*

My skincare diary

Date / /

Do this... EVERY DAY

○ Today I... Tried a toner or mist

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning	Evening	Notes
○ Cleanser	○ Cleanser	
○ Moisturiser	○ Moisturiser	
○ SPF		

DIY Skincare

RECIPE OF THE DAY

Chamomile toner

INGREDIENTS

1 chamomile tea bag,
½ cup water

INSTRUCTIONS

Brew tea, cool completely. Pour into a bottle. Apply with a cotton pad.

Disclaimer: Always do a patch test before use

DAY 06

Focus on... skipping make-up for one day

Give your skin a breather and try going without makeup for a day or more

Makeup is a little addictive. Once you click open your first Rimmel lipstick, you're lost! However, giving your skin a break can have seriously positive effects. Makeup, particularly heavy or oil-based products, can clog your pores and trap dirt, oil and dead cells in your skin, leading not just to breakouts, but also a dull and tired-looking complexion.

A makeup-free day

By going makeup-free for at least one day a week, you give your skin a chance to breathe and allow its natural processes to function without interference. It allows your skin's natural healing and repair mechanisms to take over and gives it a chance to reset from the daily application of products.

Going without makeup also encourages you to focus on the health of your skin itself. Instead of covering up imperfections, you might be more motivated to address them directly with a proper skincare routine. It's a mental shift as much as a physical one, allowing you to appreciate your natural skin and build confidence, and who knows, you might find that after a day of feeling the freedom of a bare face, you'll want to do it more often.

> **"Going without makeup also encourages you to focus on the health of your skin itself."**

Make it easy

Make Sunday the day you give your skin a mini-vacay. You may end up loving it and following A-listers like Pamela Anderson in adopting a makeup-free life forever.

5 *top tips* to ease yourself off makeup

It might seem a daunting prospect, but follow these tips to make it easier

1 Use a hydrating serum with ingredients such as hyaluronic acid to give your skin a dewy glow without any actual makeup.

2 Apply a tinted moisturiser with sunscreen to even out your skin tone slightly while protecting it from the sun's rays.

3 Use a nourishing lip balm to keep your lips hydrated and smooth.

4 Try makeup free days at home first, so you can build confidence without worrying about what others think.

5 Take regular selfies of your bare-faced beauty. Seeing your bare skin in a photo can help you appreciate your face in its most natural state. If you're just embarking on a new skincare regime, this is a good way to track your skin improvements over time.

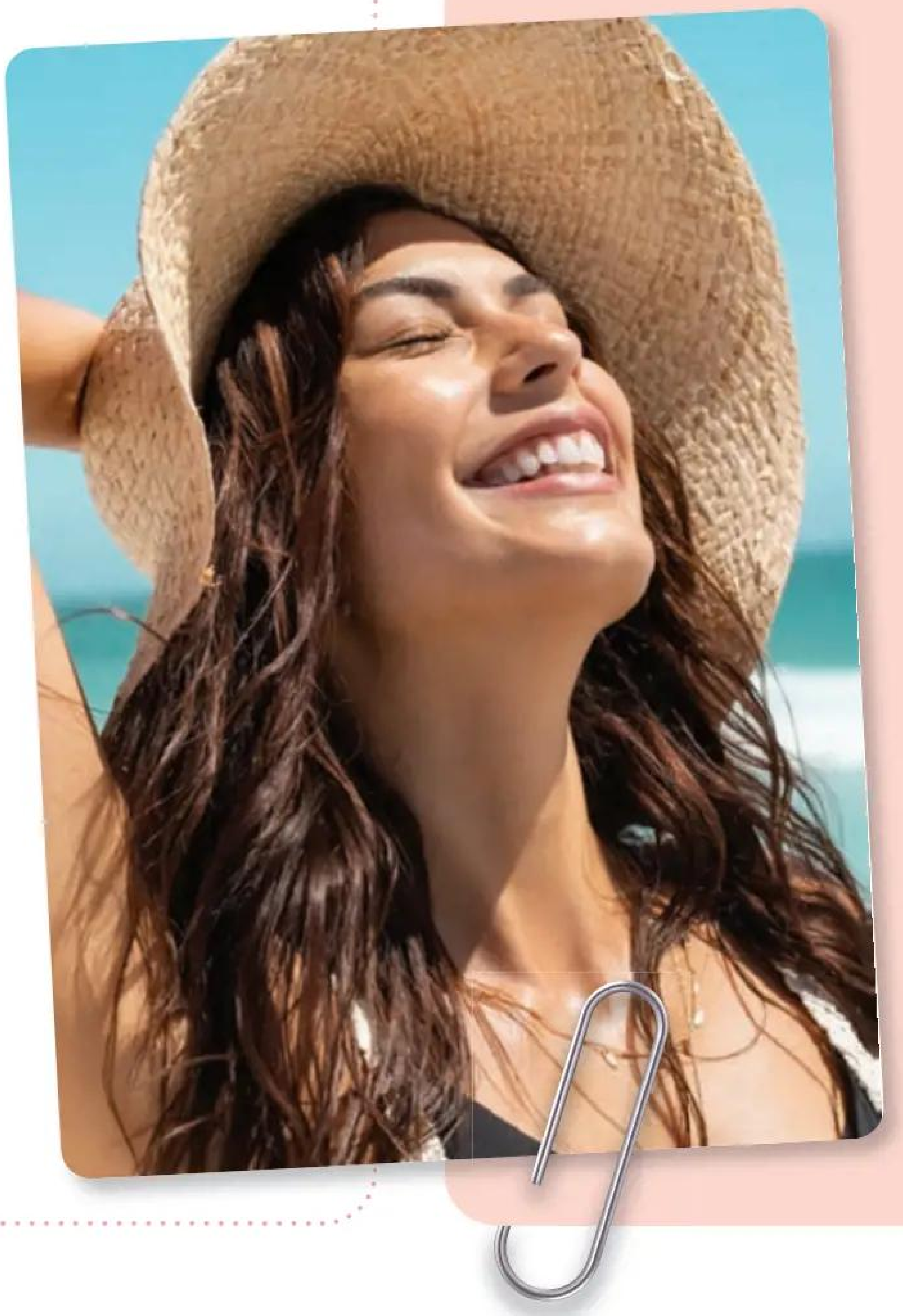
PRODUCT OF THE DAY

Soothing essential oils

Get to know the four essential oils that will soothe your skin

There are four essential oils – lavender, chamomile, rose geranium and mandarin – that are gentle enough for babies, adults and are also safe for pregnant women. Their benefits include calming, uplifting and soothing, plus they're also antiseptic, anti-inflammatory and are suitable for sensitive skin.

● *Recommended by **Georgina Tang,** founder of beauty brand YNNY (ynny.co.uk)*



MYTH-BUSTER OF THE DAY

My makeup has SPF, so I'm protected

If you've been told your makeup or moisturiser protects you from sun damage, think again

A number of moisturisers and makeup brands contain a sunscreen within them with an SPF of 15. However, these often tend not to be water-resistant and, by the very nature of their intended use, are applied a lot more thinly and therefore are often not providing the same level of protection as 'pure' sunscreens. Crucially, many do not offer any UVA protection. Whether your makeup contains an SPF or not, it is important that you choose a high-quality sun protection product that contains photo-stable UV filters (this means that the filter is not broken down by the energy of UV rays).

● ***Abi Cleeve,** UK MD of Ultrasun, founder of Skinsense and owner of SBC Skincare (sbcskincare.co.uk)*

My skincare diary

Date / /

Do this... **ONCE A WEEK**

○ Today I... Went makeup free

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning

○ **Cleanser**

○ **Moisturiser**

○ **SPF**

Evening

○ **Cleanser**

○ **Moisturiser**

Notes

DIY Skincare

RECIPE OF THE DAY

Micellar water alternative

INGREDIENTS

½ cup distilled water, 1 tsp aloe gel, ½ tsp glycerin

INSTRUCTIONS

Shake ingredients in a bottle. Apply with a cotton pad.

Disclaimer: Always do a patch test before use

DAY
07

Focus on... prioritising moisturising

If you do just one good thing for your skin each day, it should be to moisturise

If cleansing is the foundation of a skincare routine, then moisturising is the bricks and mortar that holds everything together. No matter what your skin type, whether it's oily, dry, or a combination, moisturising is a must-do. And the earlier you start doing it, the better!

Your skin has a natural barrier designed to protect it against environmental damage and prevent water loss, but daily life can compromise it. A good moisturiser helps to reinforce this barrier, locking in hydration and protecting your skin from external stressors. And as an added bonus, when your skin is well-hydrated, it's more resilient and better equipped to heal and repair itself in the future.

For all types of skin

The right moisturiser can also address specific skin concerns. For example, those with oily skin might be hesitant to moisturise, but a lightweight, non-comedogenic (non-pore-clogging) moisturiser can actually help regulate oil production. This is because, when your skin is dehydrated, it can overcompensate by producing more oil, leading to a vicious cycle of breakouts and shine, so keeping your skin hydrated is a key step in controlling excess oil.

For dry skin, it's about replenishing lost moisture and providing a protective layer against the elements. You'll be surprised how much more comfortable and supple your skin feels with this simple step. If you have dry skin, a richer, creamier formula with ingredients such as ceramides or shea butter will provide the deeper hydration you need.

> "When your skin is well-hydrated, it's more resilient and better equipped to heal."

Make it easy

Make moisturising part of your daily routine, even if you are young and your skin doesn't get dry. Your middle-aged self will thank you for it!

The science behind hyaluronic acid

You've heard about it in all the ads, but what is it and what does it do?

We're told to look for moisturisers that contain hyaluronic acid (HA) for intense hydration. This is because HA is a powerful hydrator that naturally occurs in the skin when we're young, but declines with age. Its unique ability to attract and retain water – holding up to 1,000 times its weight – makes it highly effective for moisturising skin and it enhances skin elasticity, plumps fine lines and creates a smoother appearance. As we age, HA levels decline, leading to dryness and loss of firmness, and meaning we need to supplement stores through skincare products. Applying hyaluronic acid topically replenishes moisture, strengthens the skin barrier, and promotes a more youthful, radiant look.

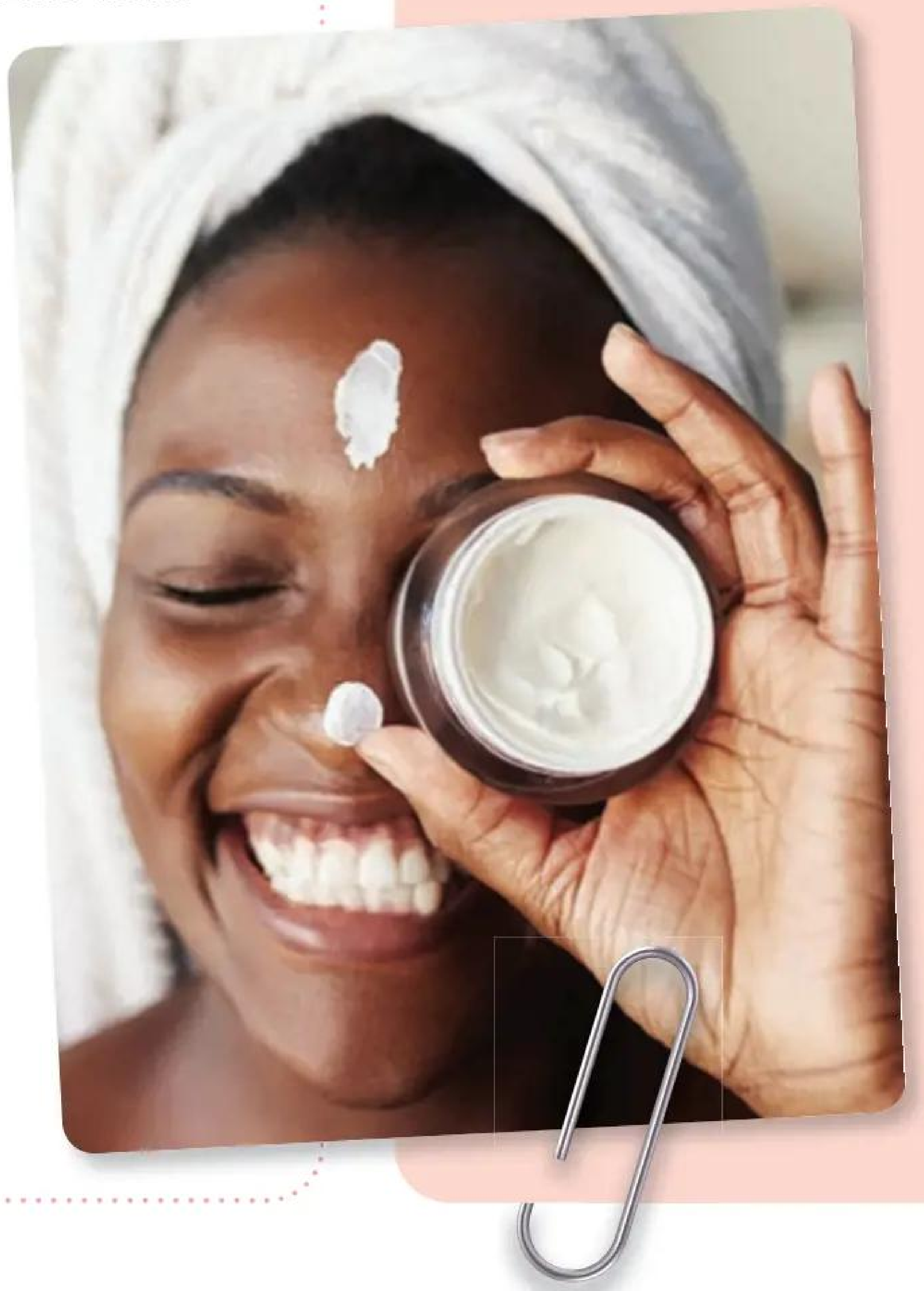
PRODUCT OF THE DAY

High molecular weight hyaluronic acid

Know your HMW from your LMW to get the right kind of hyaluronic acid

High molecular weight (HMW) hyaluronic acid gives skin instant firmness and reduces the appearance of fine lines, as it has greater moisture retention properties. It's more suitable than low molecular weight (LMW) hyaluronic acid in skincare products, which penetrate past the stratum corneum into the lower layers of the epidermis, which is where they can cause irritation and have a pro-inflammatory effect.

● *Recommended by* ***Georgina Tang,*** *founder of beauty brand YNNY (ynny.co.uk)*



MYTH-BUSTER OF THE DAY

Oily skin doesn't need moisturising

If you've been avoiding moisturising oily skin, you're missing out on some benefits

A common misconception is that oily skin doesn't need a moisturiser. In fact, skipping hydration often makes oiliness worse, as the skin overcompensates by producing more sebum. What oily complexions really need is the right type of moisturiser – balancing, lightweight, non-comedogenic – to maintain barrier health without clogging pores. Consistent hydration keeps the skin functioning properly, supports repair and reduces the risk of breakouts. Oily skin benefits from moisturising as much as dry skin.

● ***Dr Jessica Halliley,*** *Award-Winning Aesthetic Doctor and Founder of Your Beauty Doctor (yourbeautydoctor.co.uk)*

My skincare diary

Date / /

Do this... EVERY DAY

○ Today I... Completed my daily moisturising routine

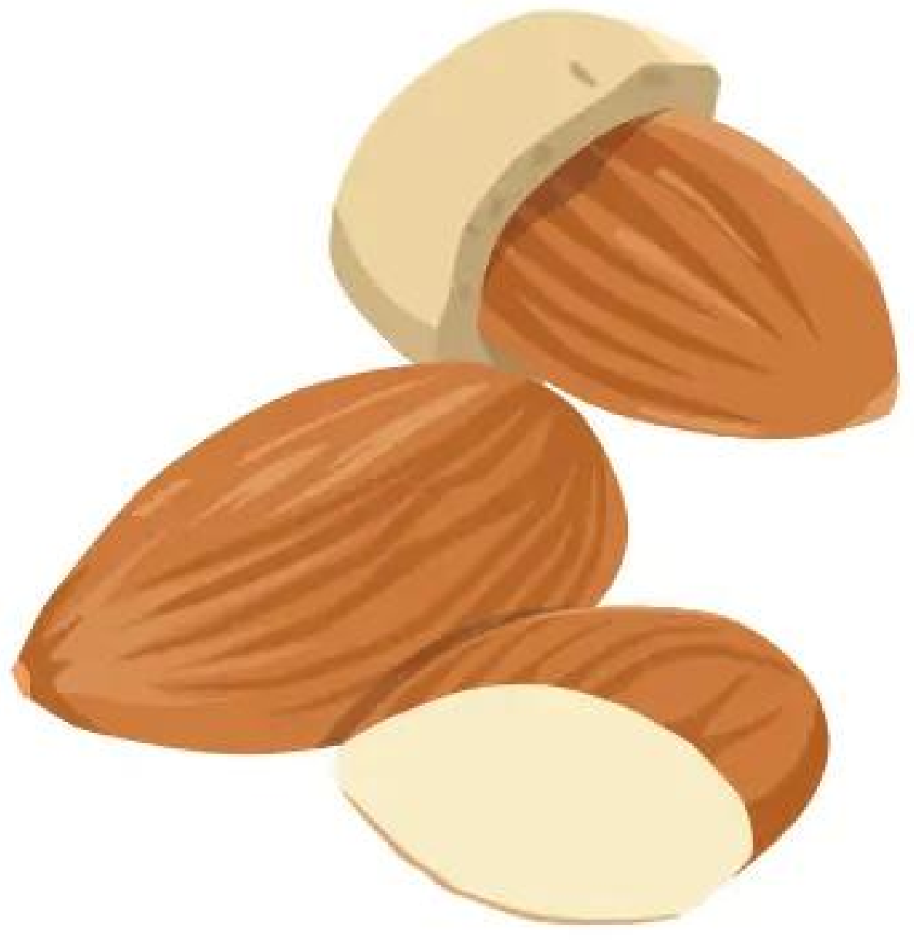
Skin check Clear Balanced Dry Oily Irritated Glowing

Morning	Evening
○ **Cleanser**	○ **Cleanser**
○ **Moisturiser**	○ **Moisturiser**
○ **SPF**	

Notes

DIY Skincare

RECIPE OF THE DAY



Almond oil moisturiser

INGREDIENTS
2-3 drops of almond oil

INSTRUCTIONS
Warm drops between palms.
Press onto damp face.
Massage gently.

Disclaimer: Always do a patch test before use

DAY 08

Focus on... eating nuts and seeds

They may not look like much, but nuts and seeds contain lots of beneficial nutrients

Small but mighty, nuts and seeds pack a powerful punch when it comes to skin health. They are a fantastic source of healthy fats, particularly omega-3 and omega-6 fatty acids, which are vital for maintaining your skin's natural shield, protecting it from environmental damage and dehydration.

Antioxidants and vitamin E

Many nuts and seeds, such as almonds and sunflower seeds, are also rich in vitamin E, a powerful antioxidant. It's well known that antioxidants are crucial for things like brain health and immunity, but they also pack a punch for skin care. They neutralise unstable molecules called free radicals, which can be created by exposure to UV rays and pollution and they can damage skin cells and contribute to premature ageing.

Incorporating a small handful of nuts or seeds into your daily diet is an easy and delicious way to nourish your skin and protect it from the inside out. Their anti-inflammatory properties will also help to calm redness and soothe irritated skin, and can even ease conditions such as acne or eczema. Don't forget, though: for maximum defence you need to combine these good fats with a good skincare routine.

> ***"Many nuts and seeds, such as almonds and sunflower seeds, are rich in vitamin E, a powerful antioxidant."***

Make it easy

Keep a small pot of your favourite nuts or seeds in your bag or on your desk for a healthy and convenient snack.

5 *top tips* for eating more nuts and seeds

Here are just five of the many ways you can get these nutritional powerhouses into your diet

1 Sprinkle them over your breakfast. Add a handful of walnuts or pumpkin seeds to your morning porridge or yoghurt to start the day with a skin-boosting kick.

2 Toasted seeds like sunflower or sesame seeds can add a lovely crunch and a dose of healthy fats to any salad.

3 Make your own trail mix. Combine almonds, cashews, and a few dried berries for a perfect on-the-go snack, whether you're hiking, running or off to the gym.

4 A tablespoon of flax or chia seeds can add a creamy texture and a healthy nutritional boost to your morning smoothie.

5 Try nut butters. A spoonful of almond or peanut butter spread on toast or slices of apple is a great way to get your daily dose of healthy fats.

PRODUCT OF THE DAY

Sea buckthorn oil

Harvested from the bright orange berries of the sea buckthorn, sea buckthorn oil has a host of great properties

Highly moisturising with anti-ageing, skin-repairing and healing properties, sea buckthorn oil is known as the king of oils. It's also packed with multivitamins, minerals, omega-3 fatty acid and antioxidants and will leave your skin glowing. What more could you ask for?

● *Recommended by* ***Georgina Tang,*** *founder of beauty brand YNNY (ynny.co.uk)*

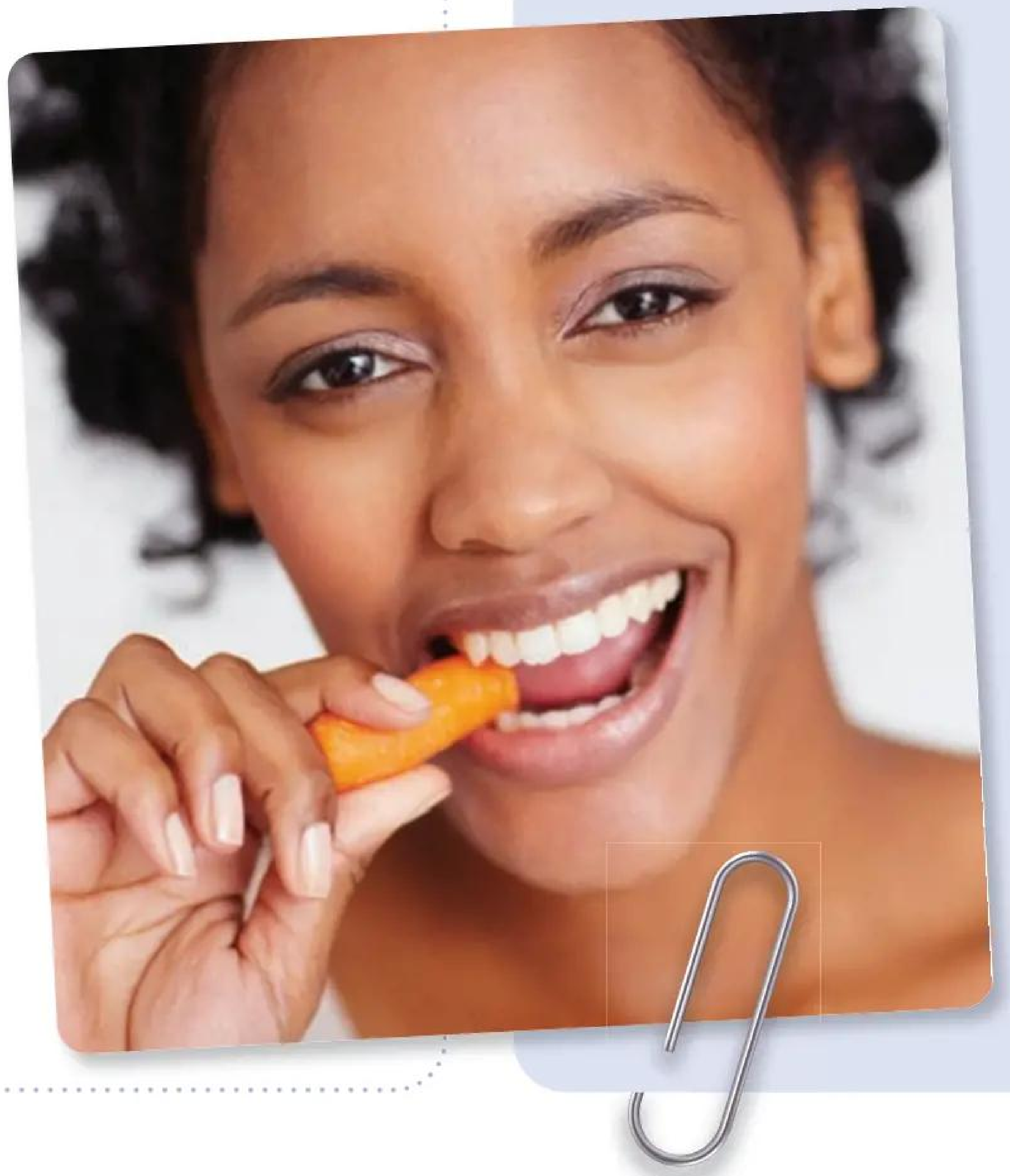
FACT OF THE DAY

Most 'active' skincare products don't penetrate the skin's barrier

Instead of relying on products that don't work, eat foods that help your body do the job itself

Most 'actives' don't penetrate the skin's barrier, and there are concerns that those molecules that do reach the dermis can also enter the blood stream and thus our internal organs. Instead of relying on products, why not eat more fruit and veg to get more vitamin C and eat more dairy, eggs and carrots to get more vitamin A. To help your body produce more of its own collagen, eat more protein-rich foods and zinc. To get hydrated skin, drink enough water to keep your skin's barrier healthy and intact.

● ***Neve's Bees*** *(nevesbees.co.uk)*



My skincare diary

Date / /

Do this... **EVERY DAY**

○ Today I... Enjoyed a portion of nuts or seeds

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning	Evening
○ **Cleanser**	○ **Cleanser**
○ **Moisturiser**	○ **Moisturiser**
○ **SPF**	

Notes

DIY Skincare

RECIPE OF THE DAY

Cucumber and mint wash

INGREDIENTS

½ a cucumber, 1 cup mint tea

INSTRUCTIONS

Blend the cucumber. Strain. Mix the juice with cooled tea. Use as a facial wash.

Disclaimer: Always do a patch test before use

DAY 09

Focus on... eating the rainbow

The colours in fruit and veg indicate the presence of various vitamins and minerals

Sometimes the answer lies in nature, and that's certainly the case with skincare. It might surprise you to learn that the key to healthier skin is waiting for you in the vegetable aisle.

The nutrients in the veggies you eat help fight inflammation, protect against sun damage and support collagen production, but you need to make sure you're getting a variety of colours.

All the rainbow colours

From the deep greens of spinach and kale to the vibrant reds of tomatoes and peppers and the bright yellows of corn, each colour group contains unique vitamins, minerals and antioxidants that work together to nourish your skin (and the rest of your body!) If it sounds like a lot of hassle, remember, the pot of gold at the end of your veggie rainbow is the reward of bright and healthy skin.

But what are the different colours bringing to the party? Red and orange veggies are often rich in beta-carotene, which your body converts to vitamin A, a key nutrient for skin cell turnover and repair. Green vegetables, on the other hand, are packed with vitamins C and K, which are essential for collagen production and reducing inflammation.

Genuine skin health goes way beyond what you put on your face, so next time you're at the supermarket, challenge yourself to get veg of different colours to make meals as colourful as possible. Your skin will thank you for it.

Make it easy

Add one extra vegetable to your lunch and dinner today, aiming for a different colour each time and working up to a full rainbow.

3 days to up your vegetable intake

Try these colourful meals for three days and keep the variety going from there

BREAKFAST

Veggie Scramble Scrambled eggs with chopped spinach, bell peppers, and onions. Serve with sliced tomatoes.

Smoothie Blend a handful of spinach, half a frozen banana, and a cup of almond milk.

Avo on Toast Mash half an avocado on wholegrain toast. Top with red pepper flakes and a few slices of tomato or radish.

LUNCH

Garden Salad A large bowl of mixed greens with chopped cucumber, cherry tomatoes, shredded carrots, pepper slices, beetroot cubes and a handful of chickpeas.

Leftover Soup Use any vegetables from the week to make a large pot of vegetable soup. Add beans or lentils for extra protein and fibre.

Chickpea Salad Wrap Mash chickpeas with a little hot sauce and a bit of mayo. Add shredded carrots and chopped celery for crunch. Wrap in a wholewheat tortilla.

DINNER

Roast Chicken and Broccoli Roasted chicken thighs with a side of roasted broccoli and sweet potatoes tossed in olive oil, salt and pepper.

Veggie Curry Prepare a coconut curry and load it with cauliflower, bell peppers and green beans. Serve with brown rice or quinoa.

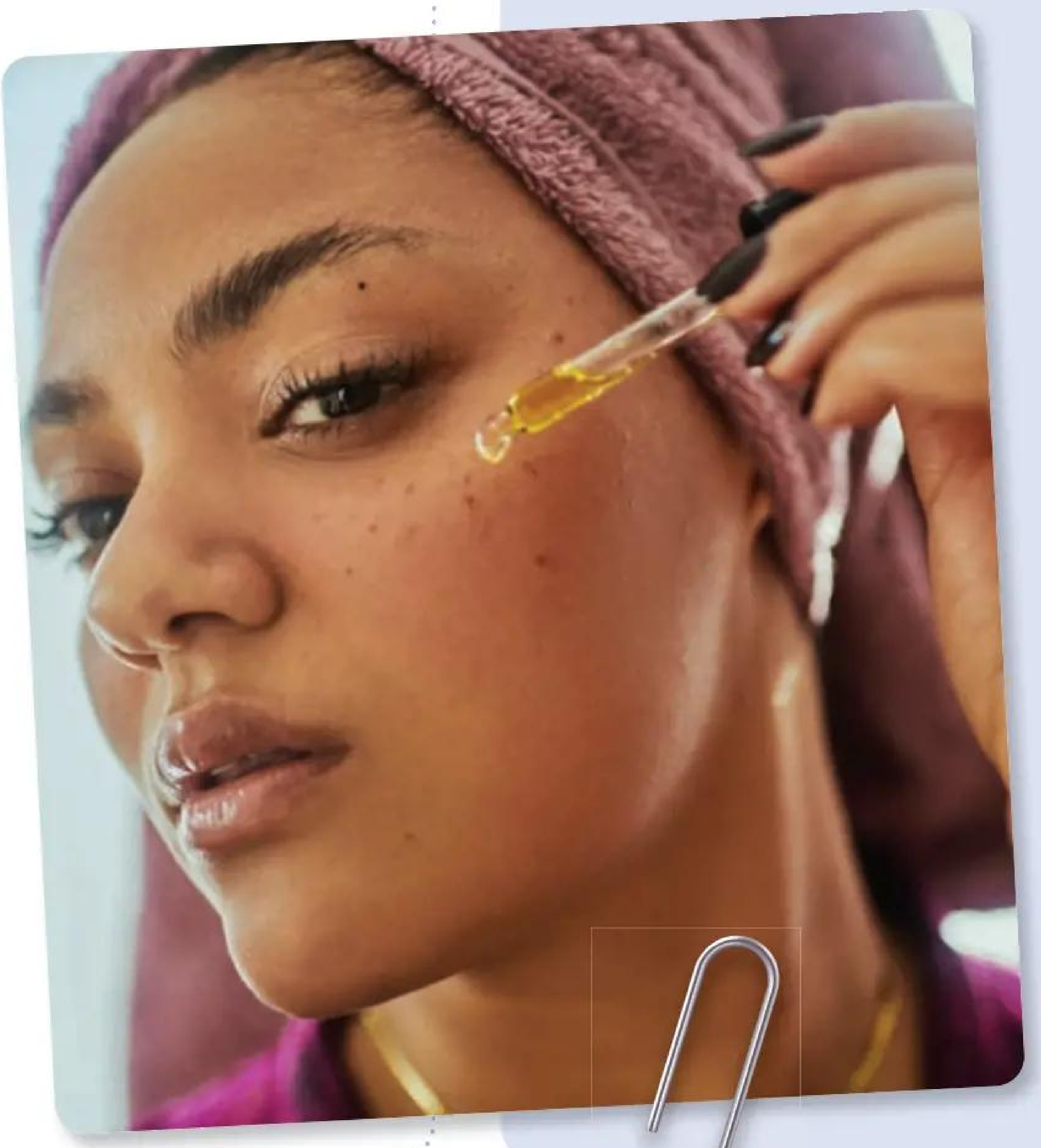
Chicken and Veggie Fajitas Slice chicken breast, bell peppers (red, yellow, green), and onions. Toss with fajita seasoning and a little oil. Roast on a sheet pan until cooked. Serve with warm tortillas and salsa.

PRODUCT OF THE DAY

Vitamin C (ascorbic acid)

Found in most fruits and vegetables, vitamin C is an important antioxidant

Vitamin C is great for brightening the skin (but refer to the caveat on the right). Packed with antioxidants, it helps to even out skin tone, fade dark spots and protect against environmental damage. For best results, use it in the morning alongside SPF. Regular use leaves skin looking radiant, refreshed and more youthful. Keep your bottles out of sunlight, and make sure you buy one in a dark or opaque bottle as sunlight can make it break down.



FACT OF THE DAY

Vitamin C products aren't for everyone

Check that a product is right for you, even when it comes highly recommended

While it's often seen as a 'must-have' skincare ingredient, not every skin type can tolerate it. In those cases, vitamin C products cause irritation, redness or breakouts – especially on sensitive or compromised skin barriers. Potency, pH and formulation all matter. Skincare should always be tailored to the individual, so don't feel pressured to use vitamin C just because it's trending, and always test out the product first. You can make sure you're eating enough vitamin C instead.

● ***Zoe Budd,*** *Luxury Aesthetic Facialist and Founder of ZOBU (zobu.uk)*

My skincare diary

Date / /

Do this... **EVERY DAY**

○ Today I... Enjoyed a variety of coloured vegetables

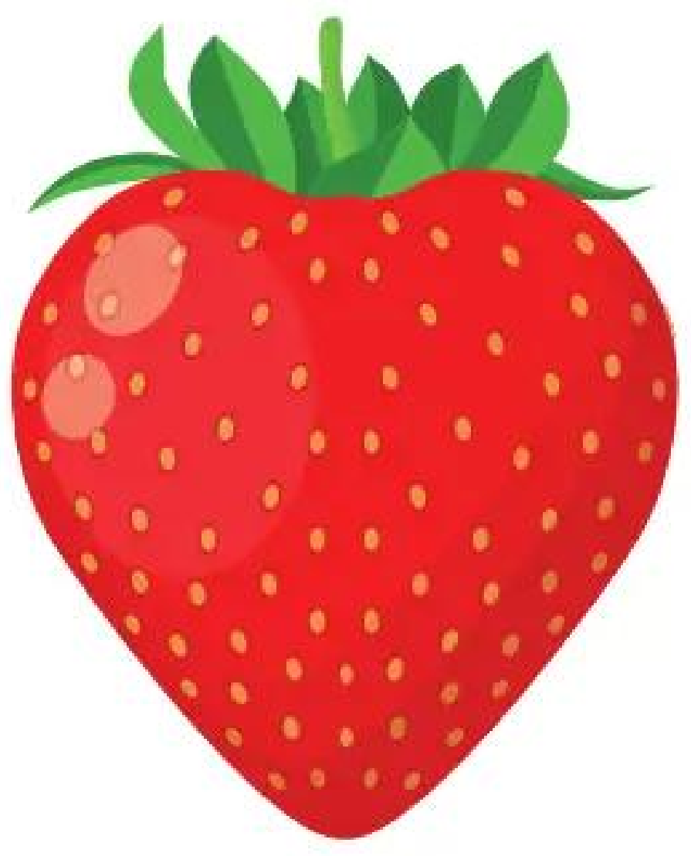
Skin check Clear Balanced Dry Oily Irritated Glowing

Morning	Evening
○ **Cleanser**	○ **Cleanser**
○ **Moisturiser**	○ **Moisturiser**
○ **SPF**	

Notes

DIY Skincare

RECIPE OF THE DAY



Strawberry scrub

INGREDIENTS
2 mashed strawberries,
1 tsp sugar

INSTRUCTIONS
Mash the berries.
Add sugar and stir.
Massage onto skin, rinse.

Disclaimer: Always do a patch test before use

DAY 10

Focus on... omega-3 sources

Omega-3 polyunsaturated fats are the ones that we need more of for healthy skin

Omega-3 fatty acids are polyunsaturated fats that are not only essential for our heart health and blood pressure; they play a huge role in skin health. But here's the thing: our bodies can't produce these fats on their own, so we have to get them from our diet.

Reducing inflammation

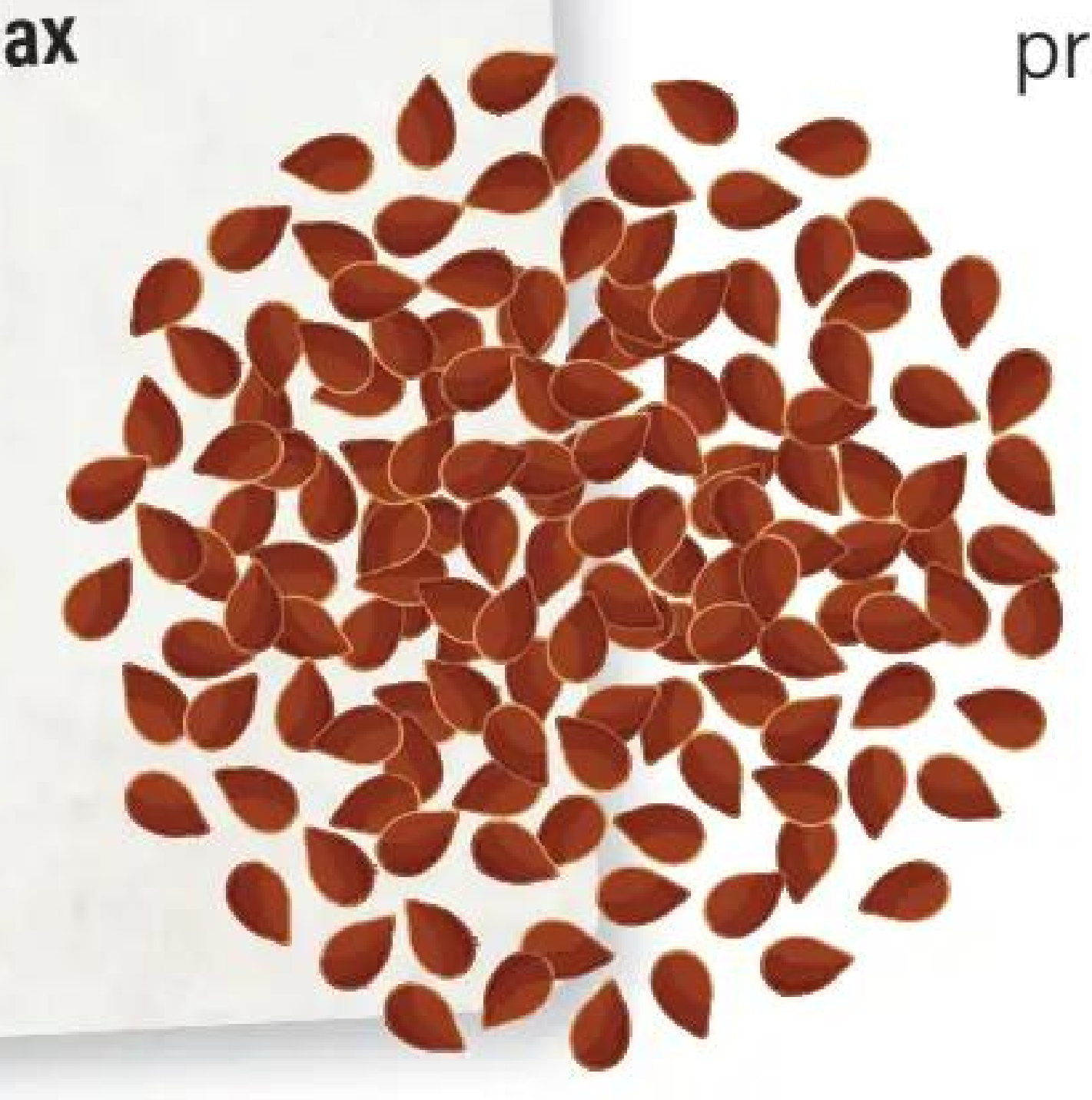
Omega-3s help to build and maintain healthy skin cell membranes, which are crucial for keeping your skin hydrated and protected, because a strong cell membrane acts like a barrier, preventing moisture from escaping and keeping potential irritants out. Omega-3s do this by helping to regulate the body's inflammatory response, which significantly reduces dry skin, redness and swelling, and also helps to calm and soothe skin conditions such as acne, eczema or psoriasis.

The most important of the omega-3 fatty acids to get into your diet are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Common sources of EPA and DHA include fatty fish, such as salmon, mackerel and sardines, as well as the plant-based options that include flaxseeds, chia seeds and walnuts.

> ***"Our bodies can't produce these fats on their own, so we have to get them from our diet."***

Make it easy

Add a tablespoon of flax or chia seeds to your morning smoothie or porridge to get a daily dose of omega-3.



5 ways to incorporate omega-3 in your food

Have these omega-3 sources on hand to make sure you get some every day

1 Aim for at least two portions of oily fish such as salmon, trout or mackerel, in your meals each week.

2 Keep a supply of walnuts on hand as a quick and convenient way to boost your omega-3.

3 Use flaxseed oil or rapeseed oil in your salad dressings instead of olive oil.

4 Sprinkle chia seeds or hemp seeds on your porridge, add them to salads or whizz up in a smoothie.

5 If you find it difficult to get enough omega-3s from your diet, a fish oil or algae-based supplement can be a good option.

PRODUCT OF THE DAY

Ectoin

This tiny substance is actually derived from bacteria and protects against the harmful effects of ultraviolet (UV) radiation

This small biomolecule was originally found in micro-organisms that survive extreme environments. In skin care it helps protect against UV, pollution and dryness by forming a stabilising hydration shell around cells. It supports the skin barrier, calms inflammation and helps maintain elasticity and moisture balance.

● *Recommended by **Fabio Basile**, Founder of Moumoujus (moumoujus.com)*

FACT OF THE DAY

Stress can impact your skin health

Stress is everywhere in our daily lives now and it can affect your skin

Did you know that stress can dramatically impact your skin health? Stress leads to elevated cortisol levels, which can increase inflammation, impact the immune system and disrupt the skin's natural barrier, leading to increased risk of flare-ups. Cortisol and other hormones can increase oil production, leading to clogged pores and irritated skin. To combat this, manage stress through regular sleep routines and relaxation techniques, and avoid picking at any breakouts, as this can make it much worse.

● ***Dr Donald Grant,** GP and Senior Clinical Advisor at The Independent Pharmacy (theindependentpharmacy.co.uk)*

My skincare diary

Date / /

Do this... EVERY DAY

○ Today I... Consumed at least one source of omega-3

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning

○ **Cleanser**

○ **Moisturiser**

○ **SPF**

Evening

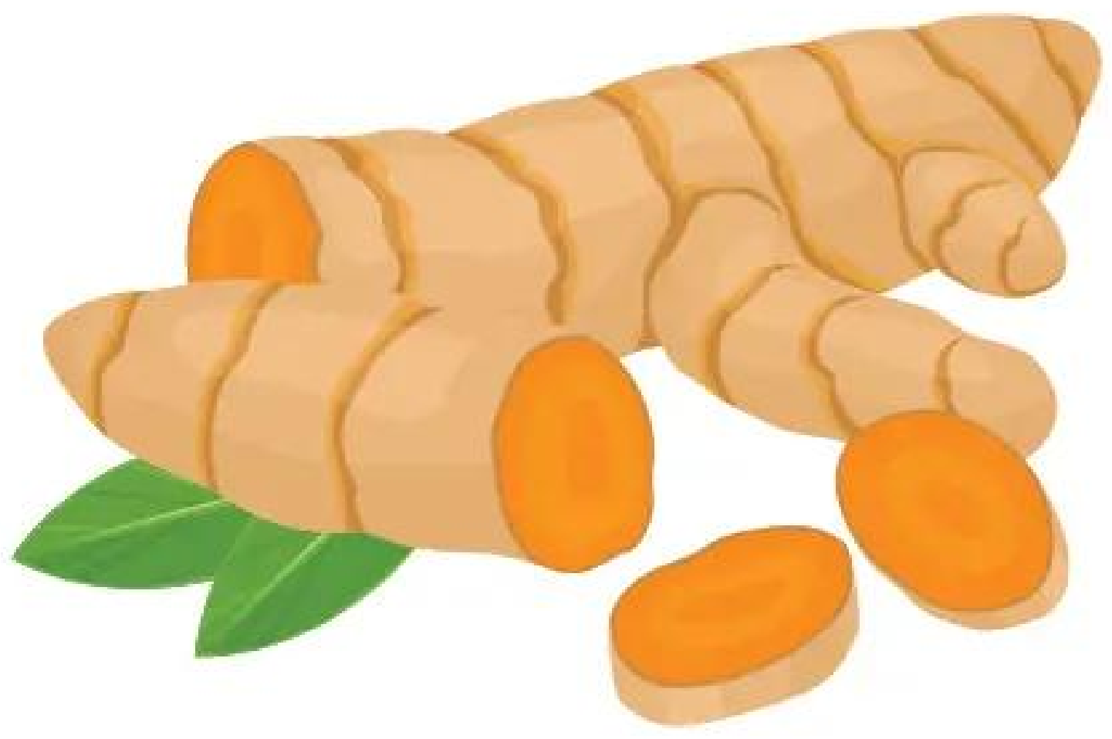
○ **Cleanser**

○ **Moisturiser**

Notes

DIY Skincare

RECIPE OF THE DAY



Turmeric yoghurt mask

INGREDIENTS

2 tbsp plain yoghurt,
¼ tsp turmeric

INSTRUCTIONS

Mix the yoghurt and turmeric into a smooth paste. Apply evenly to your face. Leave for 10-15 minutes, rinse off.

Disclaimer: Always do a patch test before use

DAY 11

Focus on... cutting back on sugar

Reducing your intake of sugary foods can deliver big rewards for your skin

There's no sugar-coating this truth pill, so we're going to come right out with it – sugar is the bad guy when it comes to skin care. There, we've said it, but what's going on that makes it so bad? Grab your deerstalker, we're going in like detectives.

One of the main culprits is a process called glycation. When you eat too much sugar, excess sugar molecules in your bloodstream can attach to proteins, like the collagen and elastin that keep your skin firm and bouncy. This process creates what are known as Advanced Glycation End products (AGEs), which damage these vital proteins, making them stiff and brittle. Over time, this can lead to a loss of skin elasticity, resulting in fine lines and wrinkles.

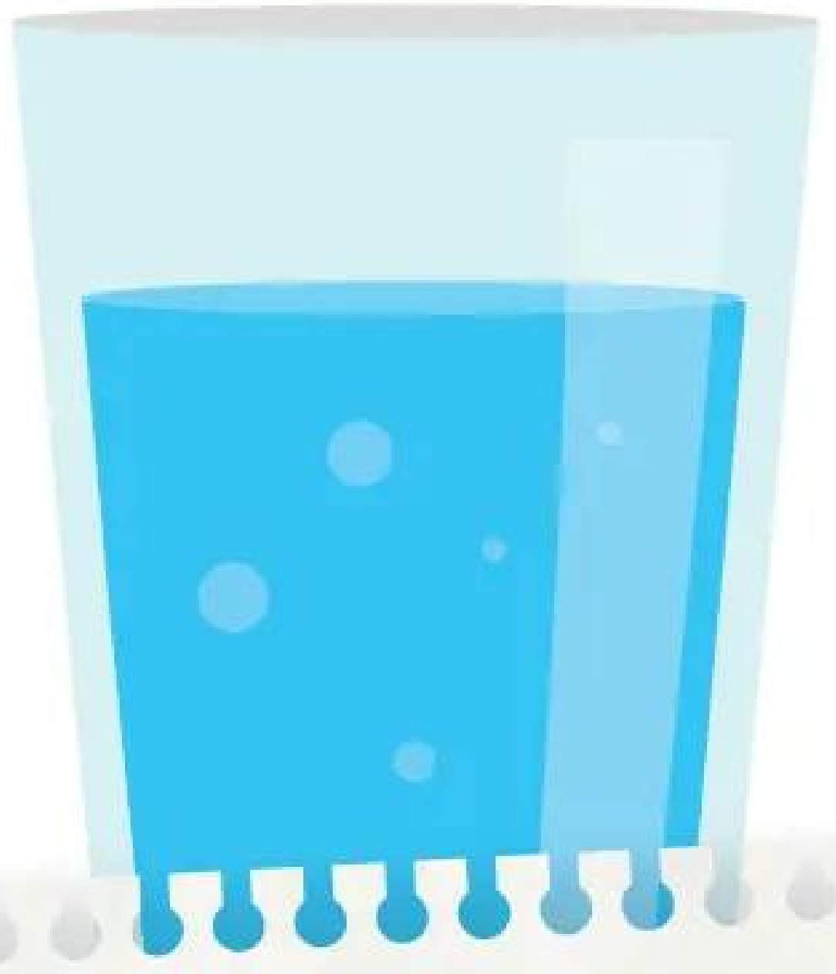
Sugar inflammation

A high sugar intake can also trigger chronic inflammation in the body. Doctors measure this through the presence of inflammatory markers in a patient's blood, including a marker called C-reactive protein. This systemic inflammation can aggravate skin conditions like acne, rosacea and eczema, leading to more frequent breakouts and increased redness.

Finally, sugary snacks also cause spikes in your blood sugar levels, which can lead to diabetes, weight gain and hormonal fluctuations. Hormonal changes can increase sebum production (from your skin's sebaceous glands), which is a key factor in the development of acne.

Damn it, case closed. The verdict is in: cut your sugar consumption and give your skin a chance to shine!

> **"High sugar intake can also trigger chronic inflammation."**



Make it easy

Swap out your usual afternoon sugary treat or fizzy drink for a healthier alternative, such as a handful of nuts or a glass of water.

5 top tips for cutting back on sugary food

Sugar is found in many foods, so make sure you know what to look out for

1 Read the food labels. Sugar can be disguised under many different names, such as sucrose, fructose, glucose and high-fructose corn syrup.

2 Drinking plenty of water can help curb sugar cravings, as sometimes we mistake thirst for hunger.

3 Eat healthy fats and fibre. Incorporate foods such as avocados, nuts and seeds into your diet to keep you feeling full and to help stabilise blood sugar.

4 Instead of adding refined sugar to your tea or coffee, try a small amount of honey or a sprinkle of cinnamon instead.

5 Pay attention to what your body is craving. Sometimes a craving for sugar is linked to stress or boredom rather than a physical need.

PRODUCT OF THE DAY

Collagen

This protein pops up everywhere in our bodies and we need more as we age

Collagen is the most abundant protein in our skin. It's the magic protein that keeps our skin firm, plump and youthful. As we age, collagen levels drop, leading to fine lines and sagging. Supporting collagen production through nutrition, treatments and skincare helps restore that bounce and radiance. Think: smoother texture, improved elasticity and a natural glow.

● *Recommended by* ***Dr. Shalini Reddy,*** *Functional Medicine and Aesthetic Doctor, Novellus Aesthetics (novellusaesthetics.co.uk)*

FACT OF THE DAY

'Morning shed' can do more harm than good

Get the facts before following this online trend

The trend for applying thick layers of topical skincare products before bed, before 'shedding' them in the morning, has gained momentum online. While it's celebrated as a way to get better skin health and facial aesthetics, we would warn caution, as it could do more harm than good. Transepidermal water loss is greater overnight, so an occlusive mask can help to reduce water loss, helping skin to stay hydrated. However, slathering on thick layers of a product that isn't designed to be worn this way can make skin more prone to clogged pores, breakouts and irritation. Good quality sleep is vital for skin health, as it's when our skin regenerates, with increased blood flow, improved collagen production and cell renewal. If you go to bed with all this stuff on your face, you're unlikely to get as good a night's sleep as normal, which arguably has more of a positive impact on skin health and cell regeneration!

● ***Dr Dan Marsh and Dr Mr Akhavani,*** *co-founders of The Plastic Surgery Group (theplasticsurgerygroup.co.uk)*

My skincare diary

Date / /

Do this... **EVERY DAY**

○ Today I... Swapped a sugary snack for a sugar-free alternative

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning

○ **Cleanser**

○ **Moisturiser**

○ **SPF**

Evening

○ **Cleanser**

○ **Moisturiser**

Notes

DIY Skincare

RECIPE OF THE DAY

Shea butter balm

INGREDIENTS

¼ cup shea butter

INSTRUCTIONS

Melt the butter gently. Whip with a fork until creamy. Store in a jar. Apply to dry skin.

Disclaimer: Always do a patch test before use

DAY 12

Focus on... probiotics for gut health

What you eat and how your gut processes it can have a profound effect on your skin

We all know that what's happening on the inside of your body has a profound effect on the outside. Yup, we're talking gut health. Your intestines are home to trillions of bacteria, a complex ecosystem known as your gut microbiome. When this microbiome is balanced, with a good mix of beneficial bacteria thriving in your gut, it helps to regulate your immune system and reduce systemic inflammation. A healthy gut is therefore crucial for calming skin conditions like acne, rosacea and eczema, which are often linked to inflammation.

Avoiding a 'leaky gut'

The connection is so strong that scientists and dermatologists talk about a 'gut-skin axis'. Some scientists believe that an imbalance in your gut, caused by things like stress, poor diet or antibiotics, can lead to a condition called 'leaky gut', where harmful substances can pass into your bloodstream. This can trigger an inflammatory response that manifests on your skin as breakouts and redness.

Probiotics are the beneficial live bacteria and yeasts that help to restore this balance. A healthy gut also plays a key role in the absorption of nutrients that are essential for skin health, ensuring you get the full benefits from the vitamins and minerals you consume. By incorporating probiotic-rich foods into your diet, you're helping to replenish your gut's good bacteria, which in turn helps to calm inflammation and support a clearer, more radiant complexion. This simple step nourishes your body from the inside out, addressing the root cause of many common skin issues.

> **"Probiotics are the beneficial live bacteria and yeasts that help to restore this balance."**

Make it easy

Add a spoonful of live yoghurt to your breakfast or as a snack to easily get a daily dose of probiotics.

The science behind probiotic foods

Discover what's actually going on in your gut and why it matters

Fermentation is a natural process where a host of micro-organisms, such as bacteria and yeasts, convert carbohydrates you have consumed into other compounds. This creates beneficial bacteria, known as probiotics. When consumed, these live cultures help balance and enrich the diversity of good bacteria in your digestive system. A healthy gut microbiome is linked to improved nutrient absorption, better digestive function, and a strengthened immune system, as a large portion of your immune cells reside in the gut.

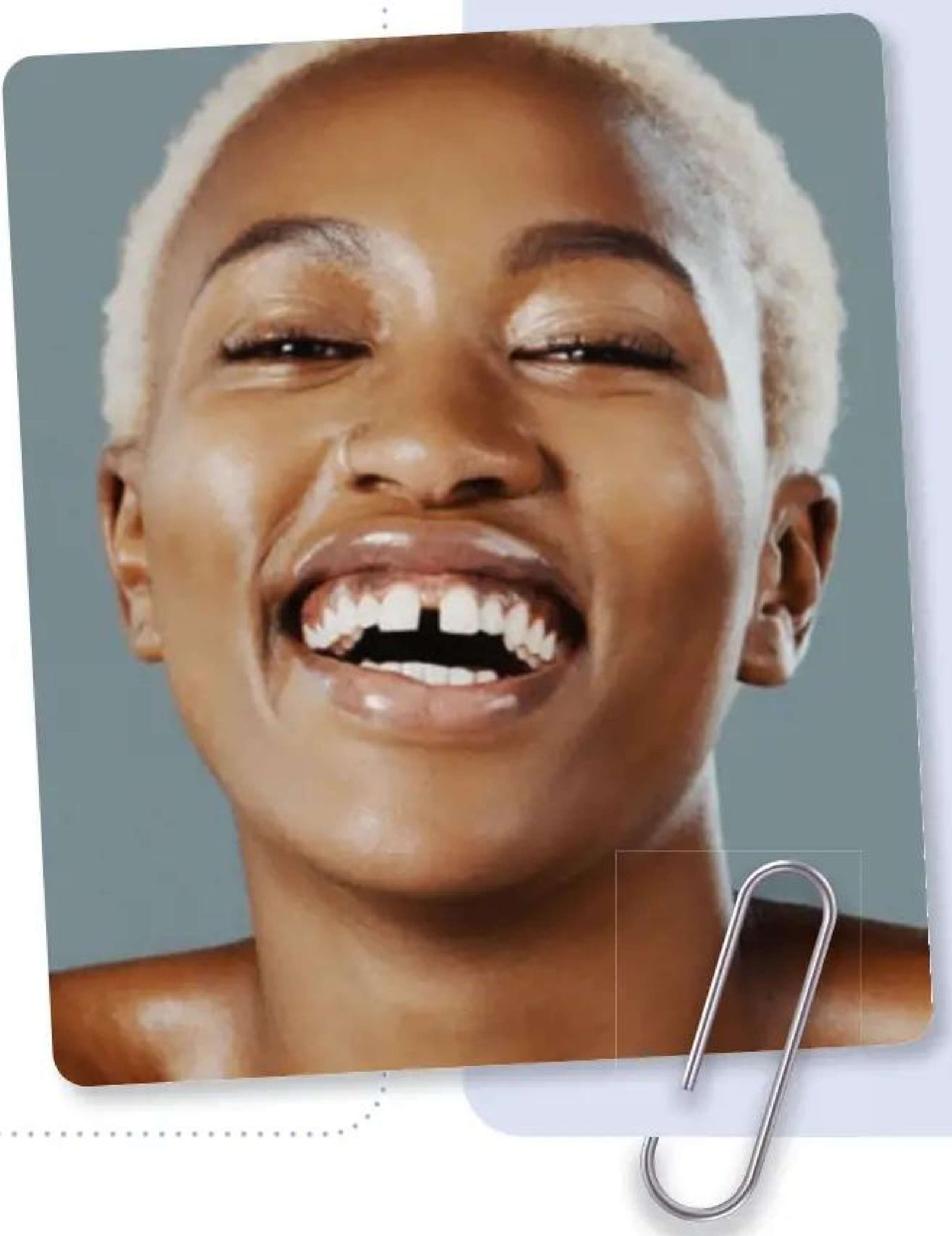
PRODUCT OF THE DAY

Chitosan

Discovered more than 200 years ago, it's only more recently used in skincare

One of the purest Arctic skincare actives available, chitosan delivers a terrific combination of benefits rarely found in a single ingredient. Naturally positively charged, it forms a breathable film that locks in hydration, calms inflammation and provides antibacterial yet microbiome-friendly protection. It enhances collagen renewal, skin repair and penetration of other skincare ingredients. Extracted from sustainably-sourced shrimp shells in Iceland and produced using geothermal energy, chitosan transforms ocean waste into one of skincare's most powerful healers.

● *Recommended by* ***Karolina Ahmed****, Lead Medical Aesthetician for Chitocare (chitocare.com)*



MYTH-BUSTER OF THE DAY

Skin only gets oxygen and nutrients from blood vessels underneath

There is plenty of truth in the suggestion that you should 'let your skin breathe'

FACT: Up to 80 per cent of the oxygen used by the epidermis is absorbed directly from the air. This diffusion is vital for repair and renewal, echoing Chinese medicine's view of the skin-lung connection. Heavy, occlusive mineral oils can smother this exchange, slowing healing. In contrast, breathable natural oils and botanicals are absorbed by the skin, supporting barrier repair without suffocating it – allowing oxygen flow for brighter, healthier, more resilient skin.

● ***Dr Mazin Al-Khafaji****, Dermatologist and founder of Dermatology M (dermatology-m.com)*

My skincare diary

Date / /

Do this... **EVERY DAY**

○ Today I... Tried a probiotic food

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning

○ Cleanser

○ Moisturiser

○ SPF

Evening

○ Cleanser

○ Moisturiser

Notes

DIY Skincare

RECIPE OF THE DAY

Coffee body scrub

INGREDIENTS

2 tbsp coffee grounds,
1 tbsp coconut oil (melted)

INSTRUCTIONS

Combine the coffee and oil, massage onto the body, rinse.

Disclaimer: Always do a patch test before use

DAY 13

Focus on... eating food rich in zinc

You'll be amazed to discover that a metallic element is important to having great skin

Zinc is a powerful multi-tasker for your complexion because it's a powerhouse for cell growth and repair, meaning it helps your skin heal faster – and we're talking everything from minor cuts to blemishes.

And that's not all. Beyond its role in healing, zinc is a superstar when it comes to fighting inflammation. Chronic inflammation is a key factor in many common skin issues, including acne, rosacea and eczema. Zinc's anti-inflammatory properties help to calm angry, red skin, reducing the frequency and severity of breakouts. It also helps to regulate the production of sebum, the natural oil your skin produces. By keeping oil production in check, zinc can help prevent clogged pores, which are a primary cause of acne.

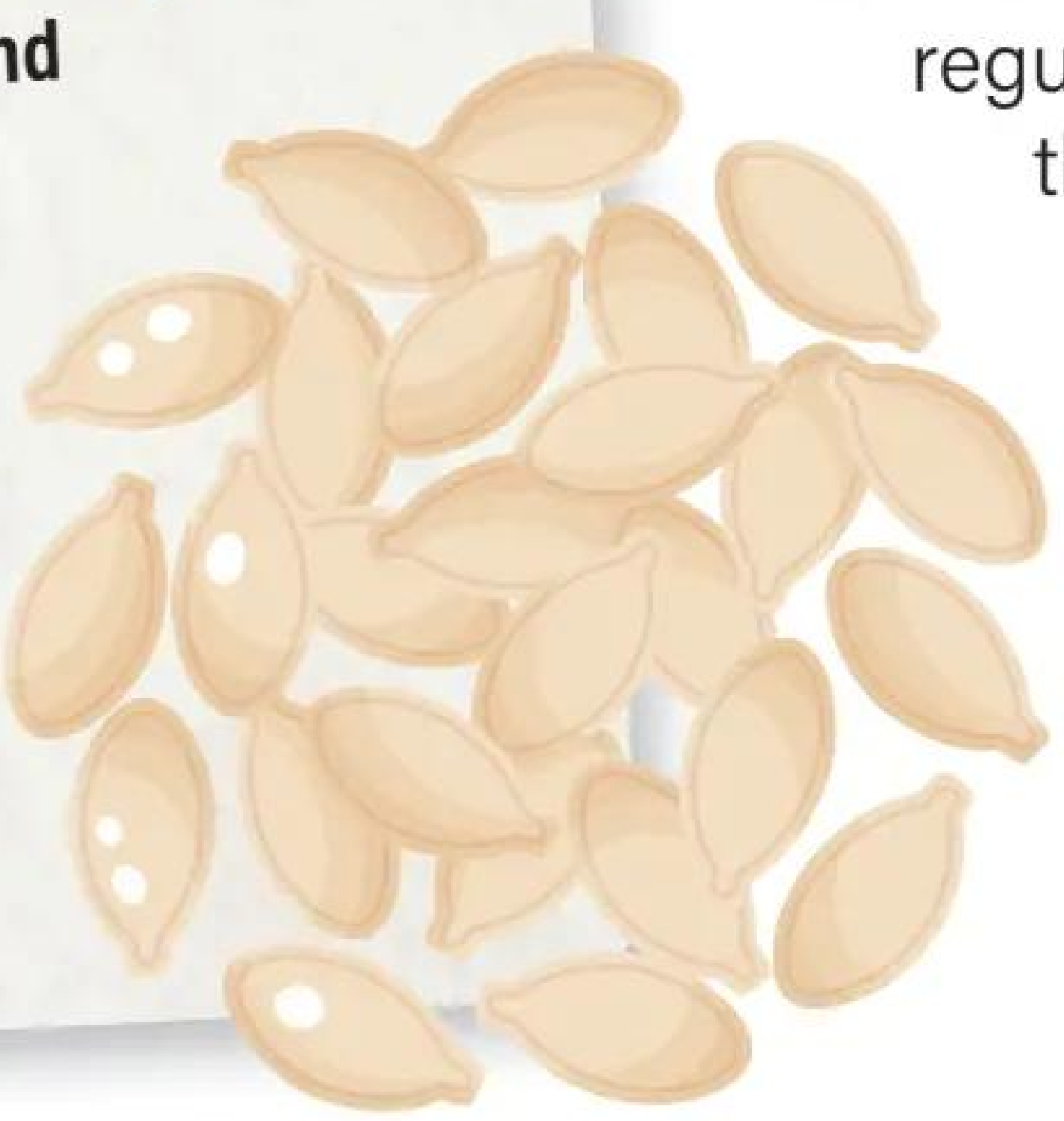
Zinc food sources

The body doesn't store zinc, so it's important to get a regular supply from your diet. Thankfully, many delicious foods are packed with it, and incorporating foods like pumpkin seeds, chickpeas or lentils into your meals is a simple way to give your skin the building blocks it needs to stay healthy and clear from the inside out.

> "Zinc's anti-inflammatory properties help to calm angry, red skin, reducing the frequency and severity of breakouts."

Make it easy

Make like a gerbil and nibble on a handful of pumpkin seeds for a quick and easy zinc boost.



5 top tips for eating zinc-rich foods

Make meal-time into zinc-time with these great sources of this vital mineral

1 Roast some chickpeas with a little olive oil and add your favourite spices for a crunchy, zinc-rich alternative to crisps.

2 A handful of red lentils can be easily added to vegetable or tomato soup to boost its nutritional content and thicken the texture.

3 Make your own houmous at home using chickpeas and a little tahini (which is also high in zinc).

4 Chickpeas are a fantastic base for a vegetarian or vegan curry, giving it a hearty texture and a great source of zinc.

5 A few pumpkin seeds or sunflower seeds can be sprinkled on top of a stir-fry, pasta dish, or even a yoghurt for a subtle crunch and a healthy dose of zinc.

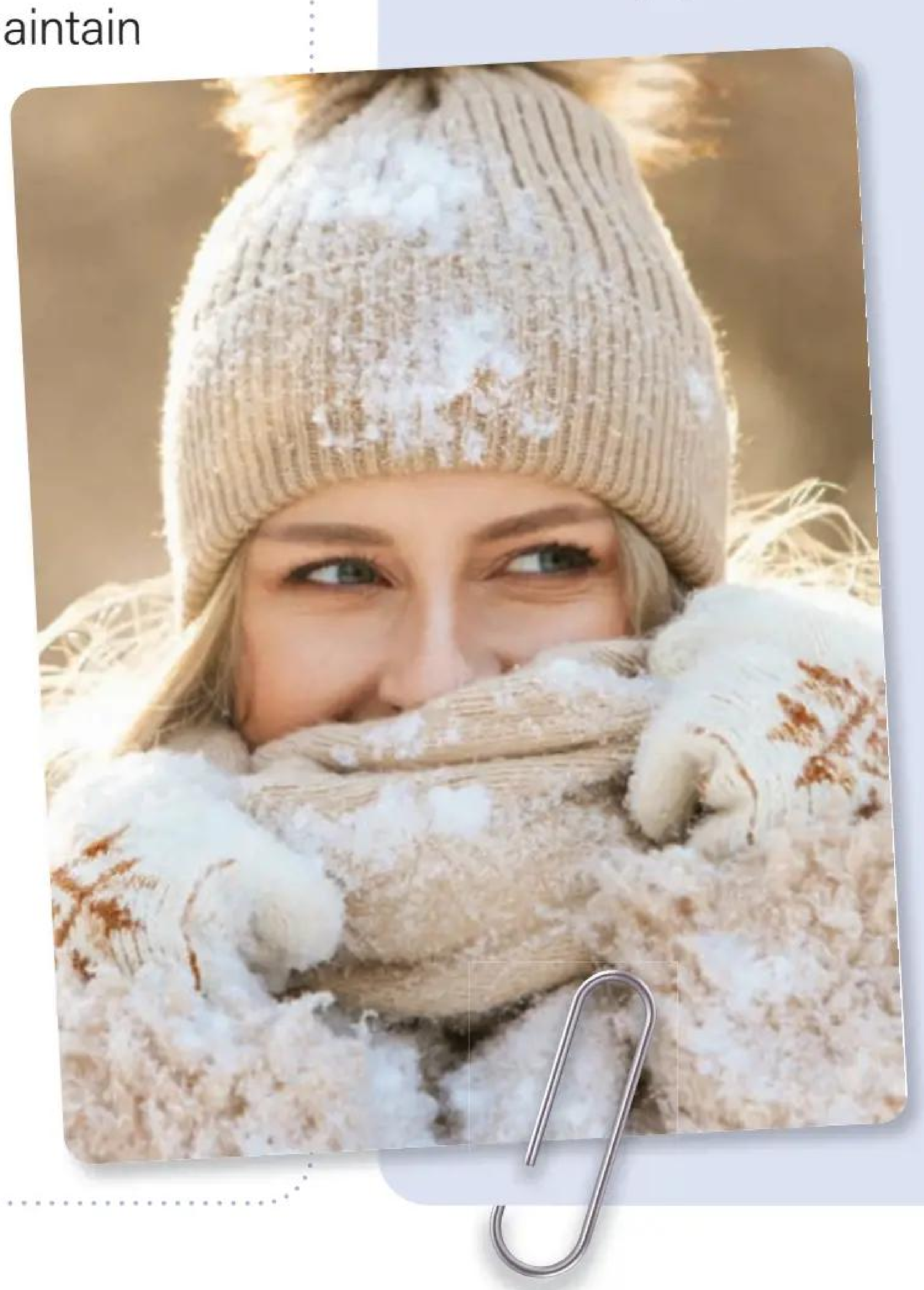
PRODUCT OF THE DAY

Ceramides and panthenol

Ceramide is a naturally occurring lipid and panthenol is an analogue of vitamin B5 – they combine to maintain and repair skin

Your skin barrier is bricks and mortar. Ceramides are the mortar, while panthenol is the repair crew. Together they plug gaps, cut water loss, and stop the cycle of dryness, flaking and irritation. Perfect for post-procedure, eczema-prone, or retinoid-sensitised skin. They don't give an instant 'wow' but without them your actives will wreck you. Eucerin Advanced Repair Cream contains ceramides, urea, panthenol; and it's very barrier-focussed.

● *Recommended by* ***Dr Hansel Misquitta****, International Doctor and Aesthetic Practitioner*



FACT OF THE DAY

Cold weather can affect skin

Prepare for the colder months ahead and keep your skin looking and feeling good

As we leave summer and approach the colder seasons, it's essential to be mindful of the effects the fall in temperature can have on skin health. For people with common skin conditions, such as eczema or psoriasis, the combination of cold air and indoor heating can lead to low humidity, drying out skin and causing it to crack. To avoid this, invest in a humidifier, apply moisturisers and cover exposed skin while you are outside. These tips can help limit flare-ups.

● ***Dr Donald Grant****, GP and Senior Clinical Advisor at The Independent Pharmacy (theindependentpharmacy.co.uk)*

My skincare diary

Date / /

Do this... EVERY DAY

○ Today I... Tried a zinc-rich food

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning

○ **Cleanser**

○ **Moisturiser**

○ **SPF**

Evening

○ **Cleanser**

○ **Moisturiser**

Notes

DIY Skincare

RECIPE OF THE DAY

Cucumber mist

INGREDIENTS

½ a cucumber, 2 tbsp aloe gel

INSTRUCTIONS

Blend the cucumber and strain the juice. Mix the juice with the aloe gel. Pour into a spray bottle, then chill.

Disclaimer: Always do a patch test before use

DAY 14

Focus on... aloe vera gel

Sourced from a succulent plant, you can apply this gel straight from the leaf

Many people call it nature's soothing balm – and for good reason. Aloe vera is a succulent plant that has been used for centuries for its incredible healing properties.

When your skin is feeling irritated, red, or a little sensitive, a small amount of pure aloe vera gel can provide immediate relief. Its gel is packed with vitamins, minerals, enzymes and amino acids, all of which work together to calm inflammation and accelerate the healing process. It's great for everything from minor sunburn or a small breakout, to just general dryness and it can even help prevent infection and aid in the healing of minor wounds.

Non-comedogenic

You need more evidence in the case for aloe vera as your next big skin saviour? No problem. Not only is it incredibly hydrating without being greasy, but it's also a non-comedogenic superstar, meaning it won't clog your pores, both of which make it a great option for all skin types, including those prone to acne.

> ***"It's great for everything from minor sunburn or a small breakout, to just general dryness and it can even help prevent infection."***

Make it easy

Keep a bottle of pure aloe vera gel in your fridge for an extra cooling and soothing sensation on irritated skin.

5 *ways* to maximise aloe vera for skin health

Get hold of some pure aloe vera gel and start enjoying the benefits it brings

1 Choose pure gel. Look for a product with 99-100 per cent pure aloe vera and avoid those with added alcohol, fragrance or artificial colours.

2 Use it as a face mask. Apply a thick layer of aloe vera to your face, leave it on for 15-20 minutes and then rinse it off, for an intense hydration boost.

3 Dab a small amount of aloe vera gel directly onto a blemish to help calm redness and to also reduce the inflammation overnight.

4 Aloe vera is famous for its cooling properties, making it an excellent post-sun treatment for soothing and hydrating sunburned skin.

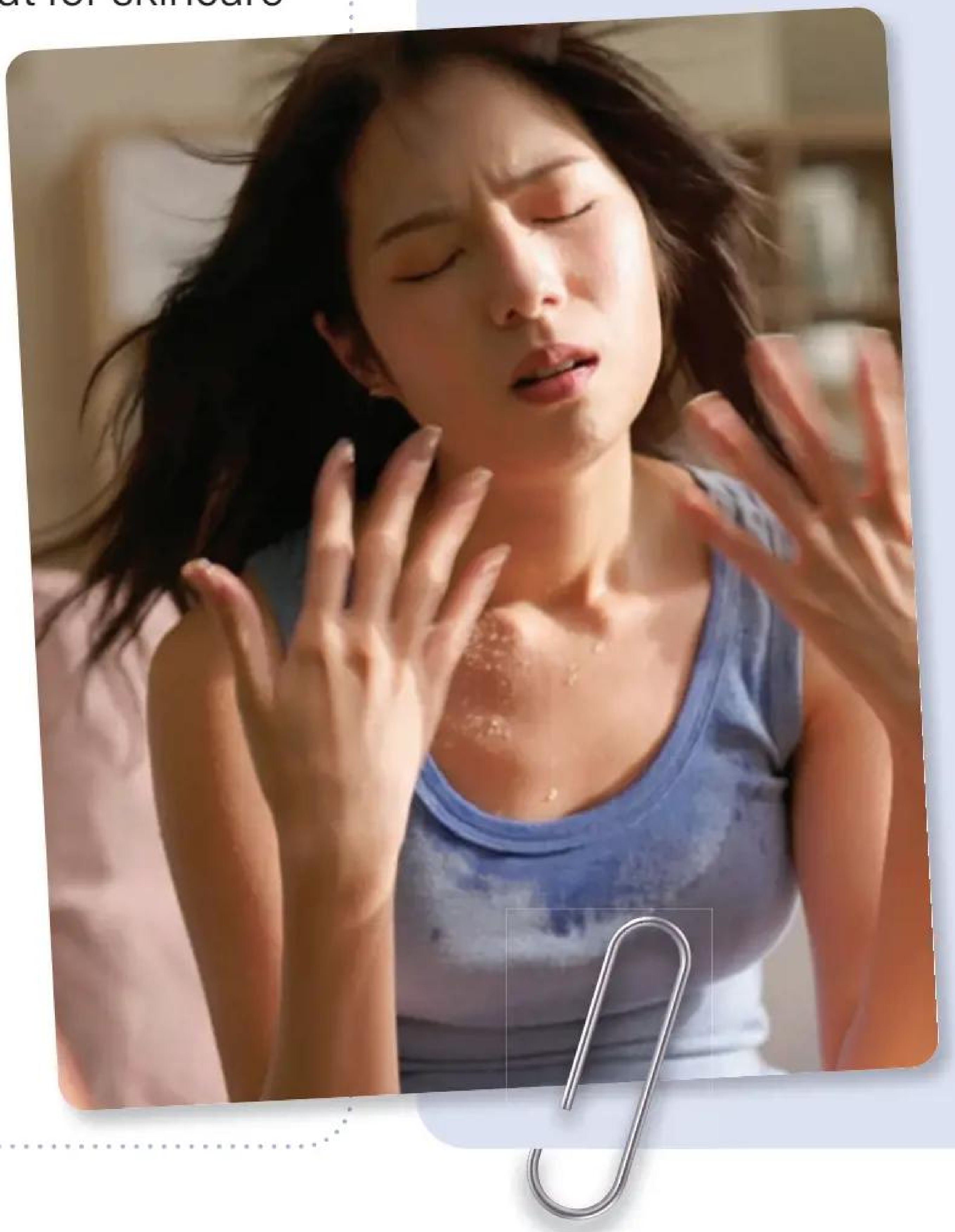
5 A small amount of aloe vera applied under the eyes can temporarily reduce puffiness and hydrate delicate skin.

PRODUCT OF THE DAY

Centella asiatica

Also known as Indian pennywort, spadeleaf and gotu kola, this plant is used in cooking, but is great for skincare

Centella asiatica is super soothing, especially for stressed or sensitive skin. Rich in antioxidants and amino acids, it helps to calm irritation, support healing and boost hydration. Regular use can strengthen the skin barrier, leaving skin softer, calmer and more resilient. It's gentle and effective, and you'll often find it in Korean skincare. It's a must-have for anyone looking to maintain healthy and balanced skin at any age.



FACT OF THE DAY

Prickly heat isn't caused by heat alone

If you find yourself suffering from prickly heat, your skin is trying to tell you something

Prickly heat isn't solely about temperature as the name suggests. In essence it's the skin's way of telling you that it's in trauma. When over exposed to UVA rays, particularly on areas with a low fat-vs-bone ratio (prickly heat is very common on the décolleté), the skin 'puffs' up as it tries to create a larger surface area to absorb the rays. Skin needs time to adjust to UV exposure, so apply high protection to begin with and make sure you take sensible shade breaks.

● ***Abi Cleeve**, UK MD of Ultrasun, Founder of Skinsense and Owner of SBC Skincare (sbcskincare.co.uk)*

My skincare diary

Date / /

Do this... **REGULARLY**

○ Today I... Tried an aloe vera gel

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning

○ **Cleanser**

○ **Moisturiser**

○ **SPF**

Evening

○ **Cleanser**

○ **Moisturiser**

Notes

DIY Skincare
RECIPE OF THE DAY

Aloe vera gel

INSTRUCTIONS

Use pure aloe vera gel directly from the leaf or a reputable store-bought source to soothe sunburns or irritated skin.

Disclaimer: Always do a patch test before use

DAY 15

Focus on... applying SPF

We should apply SPF, even in winter and if we're staying indoors

If there's one product that can protect your skin from premature ageing more than any other, it's sunscreen. It's easy to remember to slap it on while you're enjoying a sunny beach holiday, but many people forget that the sun's damaging ultraviolet (UV) rays are present every day, all year round, regardless of the weather.

Daily sun exposure

These rays, specifically UVA rays, can penetrate clouds and even glass, meaning your skin is still exposed when you're driving or sitting by a window at home or in the office. This consistent, daily exposure is a primary cause of fine lines, wrinkles, dark spots and loss of elasticity over time. Even a small amount of daily, unprotected sun exposure accumulates over the years, leading to what's known as photoageing – so it really is vital to apply sunscreen daily, whatever the weather.

Think of sunscreen as your daily skin armour that forms a protective shield against both UVA (ageing) and UVB (burning) rays. A broad-spectrum product protects against both, and a minimum of SPF 30 is recommended for daily use. While UVB rays are what cause sunburn on a sunny day, UVA rays are the silent agers, steadily breaking down collagen and elastin in the skin and both are involved in causing skin cancer. Making sunscreen part of a daily ritual, just like brushing teeth, is the most impactful habit you can adopt for your skin's future.

> **"While UVB rays are what cause sunburn on a sunny day, UVA rays are the silent agers."**

SPF 50
SPF 30
SPF 50
SPF 30

Make it easy

Find a moisturiser or foundation with a minimum of SPF 30 and you'll get your daily sun protection without an extra step.

SPF 30
UVA
UVB

5 *top tips* for applying SPF

Follow these tips to maintain your daily protection against the sun's damaging rays

1 A good rule of thumb is to apply a tablespoon-size amount to your face, neck and chest to ensure you have a proper protective layer.

2 If you're spending a lot of time outdoors, it's a good idea to reapply every 2 hours to maintain full protection, especially after sweating or swimming.

3 Look for a label that says 'broad-spectrum' to ensure the product protects against both UVA and UVB rays.

4 Don't forget your neck and hands. These areas show signs of ageing just as much as your face, so be sure to extend your application beyond your jawline.

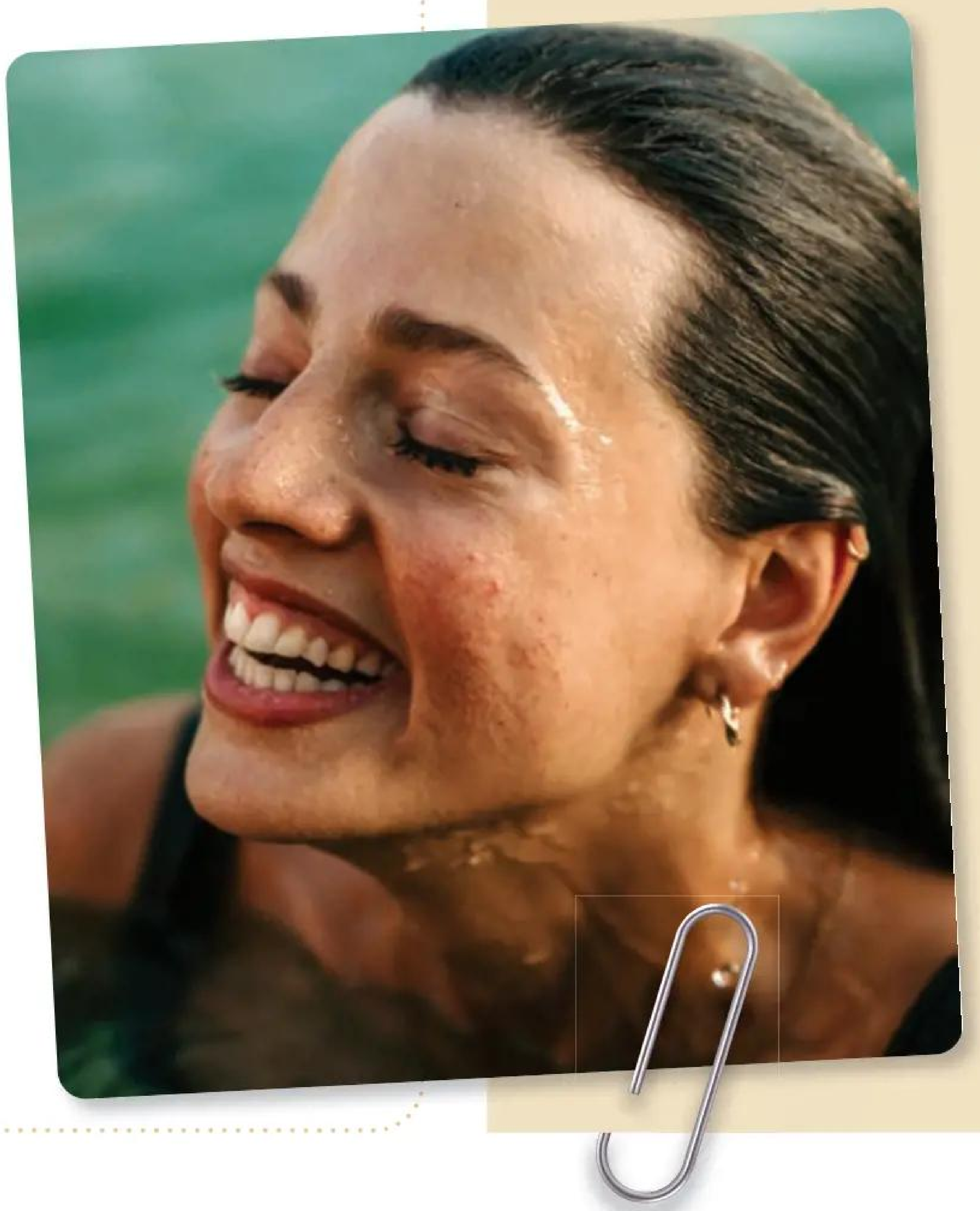
5 If you have sensitive or acne-prone skin, a mineral-based sunscreen with zinc oxide or titanium dioxide is often a gentler option.

PRODUCT OF THE DAY

Vitamin E

We have known what vitamin E is composed of for about 100 years and, while other vitamins are more important, it has a role to play in skincare

Vitamin E is an antioxidant that protects skin against environmental damage while helping to lock in moisture. It soothes dryness, softens texture and helps with your overall skin health. Found in creams, oils and serums, it works well alongside vitamin C for a powerful protective boost. Suitable for most skin types, vitamin E helps keep skin nourished, smooth and strong, making it a daily skincare favourite.



MYTH-BUSTER OF THE DAY

SPF 50 is much stronger than other SPF

It's not just about the number, it's more important to concentrate on frequency of application

A common myth is that higher SPF equals dramatically better protection. In truth, SPF 30 blocks about 97 per cent of UVB rays, while SPF 50 blocks about 98 per cent. The difference is minimal; what matters most is using enough sunscreen and reapplying it every 2 hours, especially after sweating or swimming. While properly applied SPF 50 is king, relying on the highest numbers without reapplication creates a false sense of security. Consistency and correct use are far more important than the number.

Dr Ed Robinson, Aesthetics Doctor and GMC-registered Anaesthetist (dredrobinson.co.uk)

My skincare diary

Date / /

Do this... EVERY DAY

○ Today I... Applied SPF

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning

○ Cleanser

○ Moisturiser

○ SPF

Evening

○ Cleanser

○ Moisturiser

Notes

DIY Skincare

RECIPE OF THE DAY

Cocoa face mask

INGREDIENTS:
1 tbsp cocoa powder,
1 tsp yoghurt, 1 tsp honey

INSTRUCTIONS
Mix all ingredients to a paste. Apply evenly on face. Leave for 10-15 minutes, rinse off.

Disclaimer: Always do a patch test before use

DAY 16

Focus on... hydrating masks

Treat yourself to a feel-good hydrating face mask and enjoy some relaxation time

Make it easy

Make it part of your self-care routine. Light a candle, put on your favourite music and unwind while your face mask works its magic.

Sometimes your skin needs a little extra love. A hydrating mask is like a deep-conditioning treatment for your face, delivering a concentrated dose of active ingredients in a short amount of time.

Sheet masks that you buy are soaked in a serum that's rich with beneficial ingredients, such as hyaluronic acid, glycerin and ceramides. The sheet itself acts as a barrier, preventing the serum from evaporating and giving your skin ample time to absorb all the goodness. This intense hydration boost can plump up your skin, reduce the appearance of fine lines and give you an immediate, dewy glow.

Time for some self-care

When buying a mask, look for hydrating ingredients like hyaluronic acid, glycerin and ceramides to get the most benefit. Masks are not just about the ingredients of course; putting one on also provides a perfect opportunity for a bit of indulgence and self-care.

Cleanse and tone your face as normal and then apply the mask. Now it's time to get yourself comfortable and relax while the mask does its magic. If you're using a sheet mask, remember to gently pat any leftover serum into your skin, neck and chest after removing the mask so as not to waste the goodness. It's a good idea to set an alarm as good things can't last forever. Leaving a mask on for longer than the recommended time can start to dry your skin out.

> "Cleanse and tone your face as normal and then apply the mask."

5 top tips to make your own DIY face mask

You don't have to buy an expensive shop-bought face mask, just make your own

1. Choose the right natural ingredients for your skin type. Avocado, yoghurt and olive oil work well for dry skin, while aloe vera can do wonders for oily skin.
2. Keep the number of ingredients minimal, and fresh, making small batches so your face mask mixture doesn't spoil.
3. Blend or mash the ingredients well for a good texture, and add in thickeners as well, such as yoghurt, honey or oats.
4. Make sure to patch test your mixture before applying to your face. Spread a small amount on your inner arm or jawline and leave for 10-15 minutes to check for any reactions.
5. Apply your mask to freshly-cleansed skin, leave on for a maximum of 15 minutes and rinse with lukewarm water when you're done. Apply moisturiser to lock in any hydrating benefits straight away.

PRODUCT OF THE DAY

Overnight masks

Let the hydration happen while you sleep, so you can wake with your skin looking and feeling fabulous

Overnight masks are like beauty sleep in a bottle. Applied before bed, they lock in hydration and nutrients while you rest, so you wake up to plumper, softer skin. Often rich in ingredients like hyaluronic acid, peptides or ceramides, they work hard to restore and repair the skin barrier. No need to rinse until morning, just smooth on and let your skin recharge overnight. Perfect for dry, tired or stressed skin, they deliver visible results by sunrise. They're great for a skin boost in winter.

MYTH-BUSTER OF THE DAY

Healthy skin can be 'fixed' overnight with the right cream

There are no quick fixes from the outside – you have to work at it from the inside as well

FACT: True healing takes time. In Chinese medicine, the skin is a mirror of internal balance – digestion, immunity and circulation all play their part. Skin even 'breathes', exchanging oxygen from the air directly to the skin. The smartest topicals don't just add a layer of moisture; they stimulate the body to produce key barrier substances like ceramides. With patience, this inside-outside approach builds stronger, more resilient skin that lasts, not just a temporary glow.

● ***Dr Mazin Al-Khafaji**, Dermatologist and founder of Dermatology M (dermatology-m.com)*

My skincare diary

Date / /

Do this... REGULARLY

○ Today I... Used a hydrating face mask

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning	Evening
○ Cleanser	○ Cleanser
○ Moisturiser	○ Moisturiser
○ SPF	

Notes

DIY Skincare

RECIPE OF THE DAY

Banana honey mask

INGREDIENTS:

½ ripe banana, 1 tsp honey

INSTRUCTIONS

Mash the banana. Mix in the honey. Apply to the face, leave 15 minutes, then rinse.

Disclaimer: Always do a patch test before use

DAY 17

Focus on… moisturising your body

Within 3 minutes after showering you should be applying moisturiser

It's tempting to rush out of the shower and get dressed without giving your body skin a second thought, but you're missing a trick if you do. Your skin is at its most receptive to hydration immediately after you step out of the shower and the first few minutes are a golden opportunity to lock in moisture.

This is because the heat and steam from the water clean out your pores, making it easier for moisturisers to penetrate the skin's surface and deliver their active ingredients. This is what's known as the 'damp skin rule', and it's one of the most effective ways to boost your skin's overall health.

Prevent moisture loss

If you don't moisturise promptly, the water on your skin can evaporate, taking some of your skin's natural oils with it. This can leave your skin feeling tight, dry and even itchy. This is particularly important in colder climates and during the winter months when your skin is more susceptible to dryness. Applying moisturiser to damp skin prevents this moisture loss and creates a protective barrier that keeps your skin plump and hydrated all day.

Make it part of your post-shower routine to combat dryness, flakiness and premature ageing, to make sure your whole body feels as healthy and radiant as your face.

> "Applying moisturiser to damp skin prevents this moisture loss and creates a protective barrier."

Make it easy

Keep your moisturiser in the shower caddy or right by the bath so you can apply it before you even towel off.

5 *top tips* for moisturising your body

It's not just your face that can benefit from regular moisturising

1 Look for a lotion or cream that's rich in ingredients such as shea butter, ceramides or hyaluronic acid for maximum hydration.

2 Use a gentle touch. Massage the moisturiser into your skin using upward, circular motions to help with absorption and to boost circulation.

3 Pay extra attention to typically dry areas, such as your elbows, knees and heels, which need a little extra TLC.

4 If you prefer a lighter feel, a body oil can also be applied to damp skin to lock in moisture and leave a healthy glow.

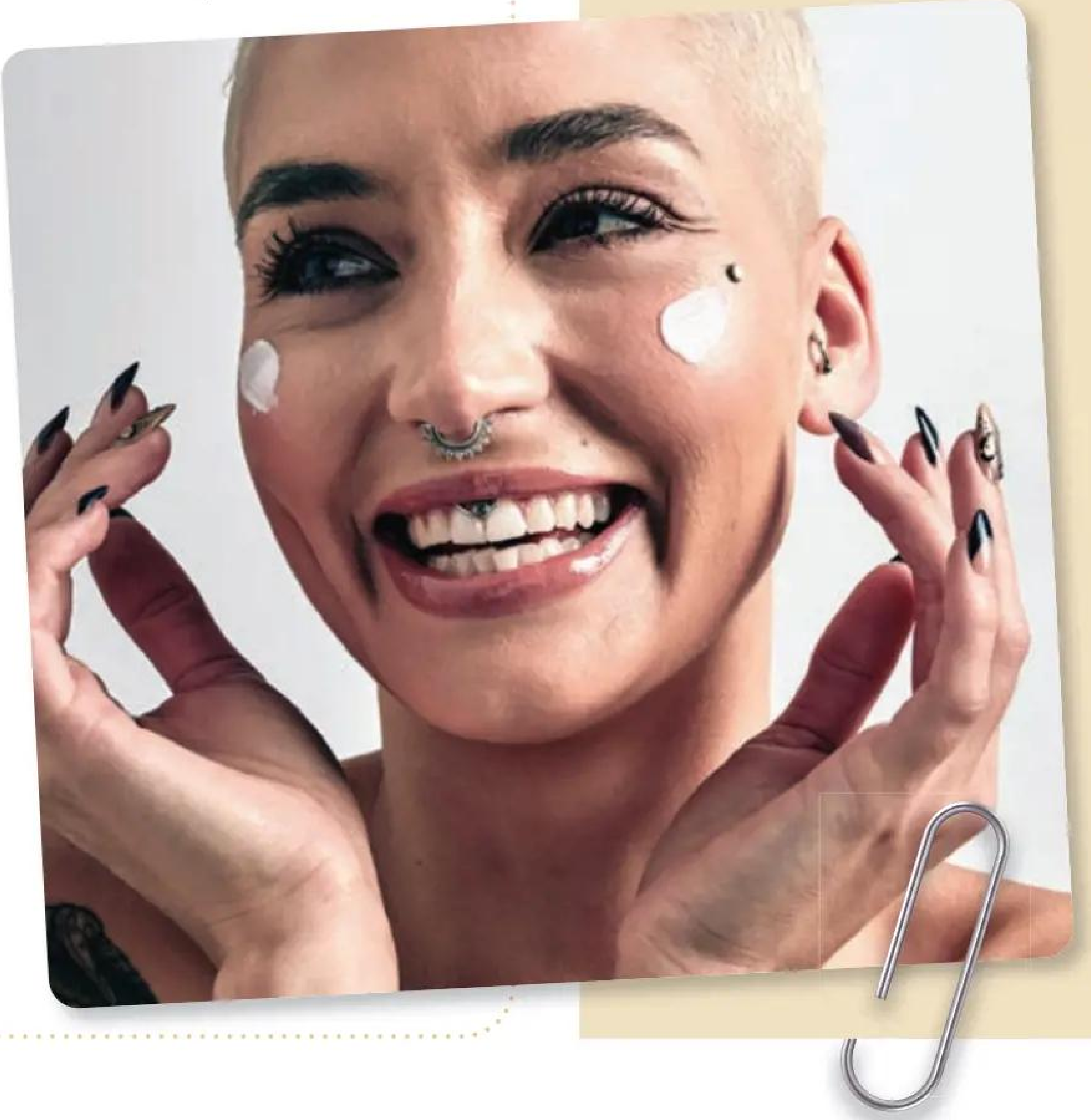
5 If you have sensitive skin, opt for fragrance-free lotions to minimise the risk of irritation and redness.

PRODUCT OF THE DAY

Jojoba oil

The jojoba plant is native to North America and grows slowly, so make the most of its beneficial properties

Jojoba oil is a nourishing, skin-friendly oil that closely mimics the skin's natural sebum. It helps lock in moisture, soothe dryness and restore balance without feeling heavy or greasy. Rich in antioxidants and vitamins, it also supports the skin's natural barrier and helps calm any irritation. It's super gentle and can help your skin to feel more hydrated. Over time, it can even help to improve the texture of your skin.



MYTH-BUSTER OF THE DAY

SPF is only for summer months or sunny days

We're here to bust the myth that SPF is only for summer – even if the sun isn't shining it doesn't mean there aren't harmful UV rays on your skin

Many people believe sun protection is only necessary on sunny days, but that's a myth. Harmful UV rays can penetrate clouds and even glass, meaning your skin is still at risk indoors or during overcast weather. UVA rays, in particular, cause premature ageing, wrinkles, and long-term skin damage, while UVB rays are responsible for sunburn. Wearing sun protection daily, regardless of the weather, is one of the most effective ways to protect your skin's health and maintain a youthful appearance.

● ***Lucy Stringer**, Senior Medical Aesthetician, KP Aesthetics (kpaesthetics.co.uk)*

My skincare diary

Date / /

Do this... EVERY DAY

○ Today I... Moisturised within 3 minutes of my shower

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning
○ **Cleanser**
○ **Moisturiser**
○ **SPF**

Evening
○ **Cleanser**
○ **Moisturiser**

Notes

DIY Skincare

RECIPE OF THE DAY

Rosewater mist

INGREDIENTS:
¼ cup rosewater, ¼ cup distilled water

INSTRUCTIONS
Mix the rosewater and water in a spray bottle. Shake gently before use. Mist face anytime for refreshment.

Disclaimer: Always do a patch test before use

DAY
18

Focus on... skin around your eyes

The skin around our eyes is always the most noticeable, particularly in the mirror!

It's no big reveal to say that the skin around your eyes is one of the first places to show signs of ageing. That's because the skin there is significantly thinner and more delicate than the skin on the rest of your face. It also has fewer oil glands and is constantly in motion from all that smiling, blinking and (hopefully not too frequently) frowning.

All these factors make it more susceptible to fine lines, wrinkles, puffiness and dark circles. This is why giving it some extra, dedicated care is an important step in your journey to healthier skin. The products you use on your face might be too harsh or heavy for this sensitive area, so a specially formulated eye cream is vital.

Getting the right cream

Eye creams are designed to be gentler and contain a higher concentration of active ingredients targeting specific concerns. If puffiness and dark circles are main issues, look for an eye cream with caffeine, which helps to constrict blood vessels and reduce swelling. For fine lines and wrinkles, ingredients such as retinol and peptides are brilliant for boosting collagen production and improving elasticity. For hydration, hyaluronic acid can work wonders.

> ***"Eye creams are designed to be gentler and contain a higher concentration of active ingredients targeting specific concerns."***

Make it easy

Start by applying eye cream only at night to get your skin used to the ingredients and lock in moisture as you sleep.

5 *steps to* applying eye cream the right way

Around such a sensitive area it's important to be careful when applying creams

1. Apply the cream to clean skin.
2. Don't use too much – you should only need a pea-size amount, unless your particular product details specify otherwise.
3. Due to the delicate nature of the skin, you should always use your ring finger to apply the cream as gently as possible, as it naturally applies the least pressure.
4. Gently pat the eye cream along the orbital bone, moving from the inner corner outwards, to aid absorption.
5. Don't be tempted to apply the product too close to your eyes, as it can cause irritation if it gets into your eyes.

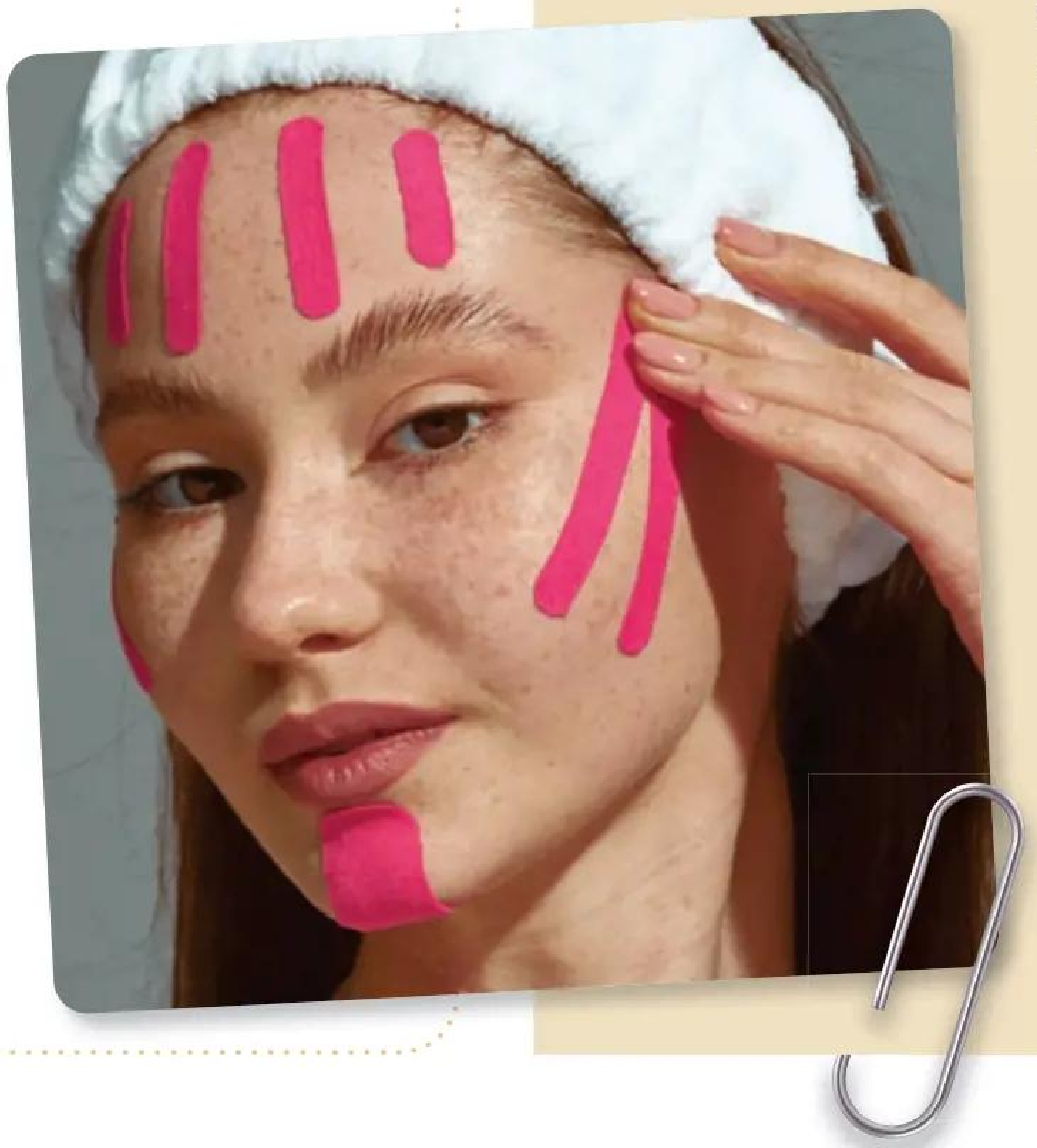
PRODUCT OF THE DAY

Azelaic acid

Found in nature in wheat, rye and barley, this acne treatment is also used for slowing down the production of pigment

Azelaic acid is often overlooked next to retinol or vitamin C, but it is a real hero when it comes to pigmentation. It gently slows down the process that produces excess pigment while also calming inflammation, making it especially helpful for sensitive or acne-prone skin. Unlike some stronger actives, it can be used throughout the year with little risk of irritation. From softening dark spots to soothing redness, it brings clear and even results.

● *Recommended by* ***Khatra Paterson****,*
Founder and Co-Owner,
Aesthetic Nurse Practitioner,
KP Aesthetics
(kpaesthetics.co.uk)



FACT OF THE DAY

'Face taping' trend does not help skin long term

This recent online fad does not deliver results that last longer than just a short time

Face taping is a non-invasive beauty technique that involves the application of medical-grade tape to different areas of the face with the intention of smoothing and lifting the skin and reducing the appearance of fine lines and wrinkles. It has been around for decades, but it has gained popularity recently due to approval of celebrity fans, as well as its popularity on social media platforms such as TikTok, on which users have been taping their faces at night to try and address the effects of ageing on the skin. While face taping may prevent or reduce the movement of certain muscles and thereby offer smoother looking skin in that area in the very short term, long term it will not help to prevent or ease wrinkles and fine lines.

● ***Dr Dan Marsh and Dr Mr Akhavani,***
Co-founders of The Plastic Surgery Group (theplasticsurgerygroup.co.uk)

My skincare diary

Date / /

Do this... **EVERY DAY**

○ Today I... Used an eye cream

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning

○ **Cleanser**

○ **Moisturiser**

○ **SPF**

Evening

○ **Cleanser**

○ **Moisturiser**

Notes

DIY Skincare

RECIPE OF THE DAY

Cucumber eye pads

INGREDIENTS:
2 cucumber slices

INSTRUCTIONS:
Place over eyes for 10 mins.

Disclaimer: Always do a patch test before use

DAY 19

Focus on... dry brushing

Give yourself a dry brushing to stimulate your circulation before taking a shower

Dry brushing is an ancient wellness practice that involves gently brushing your dry skin with a stiff-bristled brush. It's like a mini-detox session for your skin and the benefits are more than just a surface-level glow.

When you dry brush, you're not just exfoliating, you're stimulating your lymphatic system. This system is a vital part of your body's immune defence and waste removal network and, unlike your circulatory system, it doesn't have a pump. Fans believe that dry brushing acts like a manual pump, helping to get the lymph fluid flowing and flush out toxins that can build up in your body. This can also help to improve the appearance of cellulite, as it encourages smoother skin and better circulation.

Brush away the dead cells

Beyond lymphatic drainage, dry brushing is a fantastic way to gently exfoliate your skin. It helps to slough away dead skin cells, which can otherwise clog pores and lead to a dull, uneven texture. By removing this layer, you reveal the brighter, softer skin underneath. This process also helps to improve your circulation, bringing nutrient-rich blood to the surface of your skin and giving you an immediate, healthy-looking radiance.

Dry brushing also has the added benefit of being energising. The stimulating sensation on your skin can be a brilliant way to wake up your body and mind in the morning. It's a low-effort, high-impact habit that can make a big difference to your skin's health and appearance over time.

> "Dry brushing also has the added benefit of being energising."

Make it easy

Choose a brush with natural, stiff bristles and a long handle so that you can reach everywhere on your body easily.

5 top tips to perfect your dry brushing

Follow these five steps to achieve an invigorating dry brushing experience

1. Choose your brush carefully to make sure it's not too soft, but not too scratchy.
2. Go for gentle pressure – the brush should feel stimulating, not painful. Your skin should be a little flushed, not red or scratched.
3. Brush towards your heart. Always start from your feet and hands, using long sweeping motions upwards towards your chest.
4. Avoid brushing over delicate areas like your face or any irritated or broken skin.
5. After you've dry brushed, jump in the shower to wash away the exfoliated dead skin cells and follow with a rich body moisturiser.

PRODUCT OF THE DAY

Growth factors

There are many different types of growth factors that stimulate the production of cells, so they can be crucial to skincare

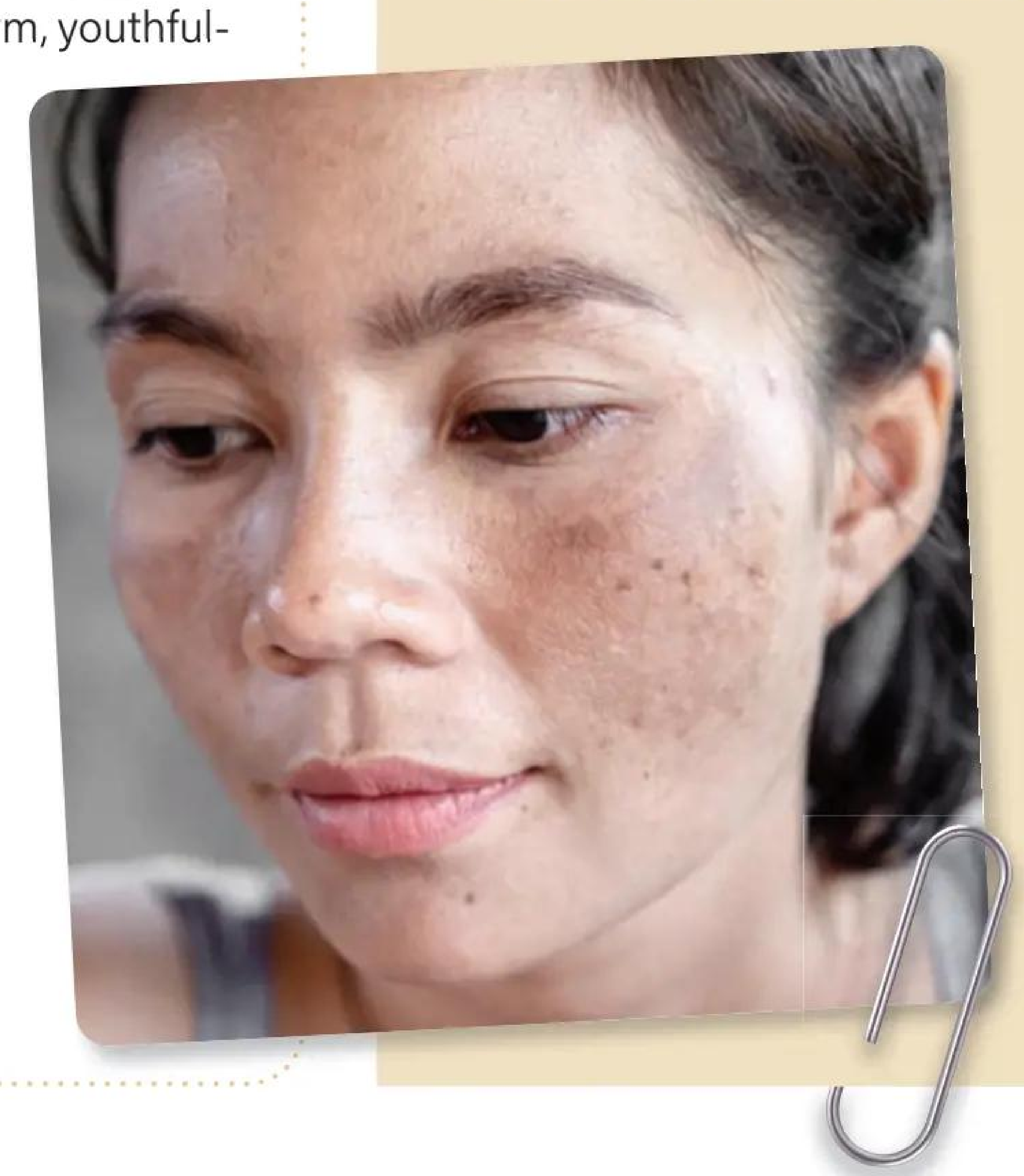
Growth factors are naturally occurring proteins that help regulate cell growth, repair and renewal. In skincare, they play an important role in stimulating collagen and elastin production, which are essential for firm, youthful-looking skin. By encouraging skin cells to repair damage and regenerate, growth factors can improve texture, reduce fine lines and support wound healing. They also strengthen the skin barrier, making it more resilient against environmental stressors. Incorporating growth factors into skincare promotes healthier, more radiant and age-resistant skin.

● *Recommended by* ***Lucy Stringer****, Senior Medical Aesthetician, KP Aesthetics (kpaesthetics.co.uk)*

MYTH-BUSTER OF THE DAY

Pigmentation is only caused by the sun

If you've come back from holiday with more colour, despite not sunbathing, here's the reason why...



It's a common misconception that pigmentation comes purely from UV exposure. While sunlight is a major trigger, heat alone can stimulate melanocytes, the cells responsible for pigment production. That's why even with diligent SPF use, people often return from hot holidays with more colour. Everyday environments matter too: working in a heated setting, such as a busy restaurant kitchen, can accelerate hyperpigmentation and melasma. Protecting skin means considering both sun and heat exposure.

● ***Khatra Paterson****, Founder and Co-Owner, Aesthetic Nurse Practitioner, KP Aesthetics (kpaesthetics.co.uk)*

My skincare diary

Date / /

Do this... **REGULARLY**

○ **Today I...** Tried some gentle dry brushing

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning
○ **Cleanser**
○ **Moisturiser**
○ **SPF**

Evening
○ **Cleanser**
○ **Moisturiser**

Notes

DIY Skincare

RECIPE OF THE DAY

Rice flour exfoliator

INGREDIENTS

1 tbsp rice flour, 1 tbsp milk

INSTRUCTIONS

Mix the ingredients into a paste. Massage gently into your skin. Rinse off.

Disclaimer: Always do a patch test before use

DAY 20

Focus on... triggers that irritate skin

The world is full of foods and environmental factors that could trigger skin problems

We've spent the last few weeks adding some brilliant habits to your routine, but sometimes the key to better skin is not about what you add, but what you take away. Many of us have a trigger – be it an ingredient, a food or even an environmental factor – which causes our skin to react in a not-so-friendly way. It could be anything from a specific skincare ingredient, such as a strong fragrance or certain essential oil, to a food group, such as dairy or gluten, or even something in your daily life, such as stress or laundry detergent.

Keeping a skin diary

It's time to unleash the deerstalker again and do some detective work, identifying the triggers that make your skin play up.

When your skin is exposed to a trigger, it can respond with inflammation, redness, breakouts or a rash. This is a sign that your body is reacting to something it sees as a problem. The best way to identify the culprits at play is by keeping a simple skin diary. Over the next few weeks, pay close attention to what you're eating, what products you're using and what's happening in your environment so that you can build a bank of reliable evidence.

If you notice your skin is particularly red or irritated after a certain meal or after trying a new product, make a note of it. This simple practice can help you see patterns and connect the dots between what you're doing and how your skin is reacting. By removing or reducing your exposure to these irritants, you can significantly reduce inflammation and help your skin become calmer, clearer and healthier.

> "Your body is reacting to something it sees as a problem."

Make it easy

Keep a simple notebook or a note on your phone to track what you eat and the products you use, to spot any patterns.

Know your irritants from your allergens

It helps to know what your skin is reacting to in order to find a solution to the problem

IRRITANT CONTACT DERMATITIS: This is a direct inflammatory response that occurs when a substance physically or chemically damages the skin's protective outer layer, the epidermis. The severity of the reaction is dose-dependent, meaning a stronger or longer exposure causes more damage. This is a non-allergic process that doesn't involve the immune system, so it can affect anyone.

ALLERGIC CONTACT DERMATITIS: This is an immune-mediated reaction. The substance, called an allergen, triggers a delayed Type IV hypersensitivity reaction. The first exposure sensitises the immune system, where T-cells learn to recognise the allergen as a threat. Upon re-exposure, these T-cells are activated, releasing inflammatory chemicals that cause a rash.

PRODUCT OF THE DAY

Jin yin hua – honeysuckle flower

Honeysuckle is more than just a pretty and sweet-smelling flower you might have in your garden, it's used in Chinese medicine too

In Chinese medicine, honeysuckle flower is prized for its ability to clear heat, resolve toxicity, and gently reduce inflammation. When used in a cleanser, it offers a refreshing, cleansing effect that calms irritated or acne-prone skin while helping to reduce redness and surface impurities. Its antibacterial and soothing qualities make it ideal for daily care, leaving the skin clearer, cooler and more balanced. A time-honoured herb that brings gentle strength to topical skincare.

● *Recommended by* ***Dr Mazin Al-Khafaji****, Dermatologist and founder of Dermatology M (dermatology-m.com)*

FACT OF THE DAY

Fragranced products and laundry detergent can irritate skin

If you have particularly sensitive skin, then be aware of products that might irritate it

The harsh chemicals and fragrances found in skincare and laundry products can impact sensitive skin or increase flare-ups. These products strip moisture and cause irritation, leading to increased scratching. Thankfully, there is an array of body wash, skincare and laundry products designed specifically for people with sensitive skin. It's all about investing in products that won't have an adverse effect on your skin health, such as cleansers that are labelled 'for sensitive skin' and non-bio, fragrance-free detergents.

● ***Dr Donald Grant****, GP and Senior Clinical Advisor at The Independent Pharmacy (theindependentpharmacy.co.uk)*

My skincare diary

Date / /

Do this... EVERY DAY

○ **Today I...** Started taking note of potentially irritating products

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning

○ **Cleanser**

○ **Moisturiser**

○ **SPF**

Evening

○ **Cleanser**

○ **Moisturiser**

Notes

DIY Skincare

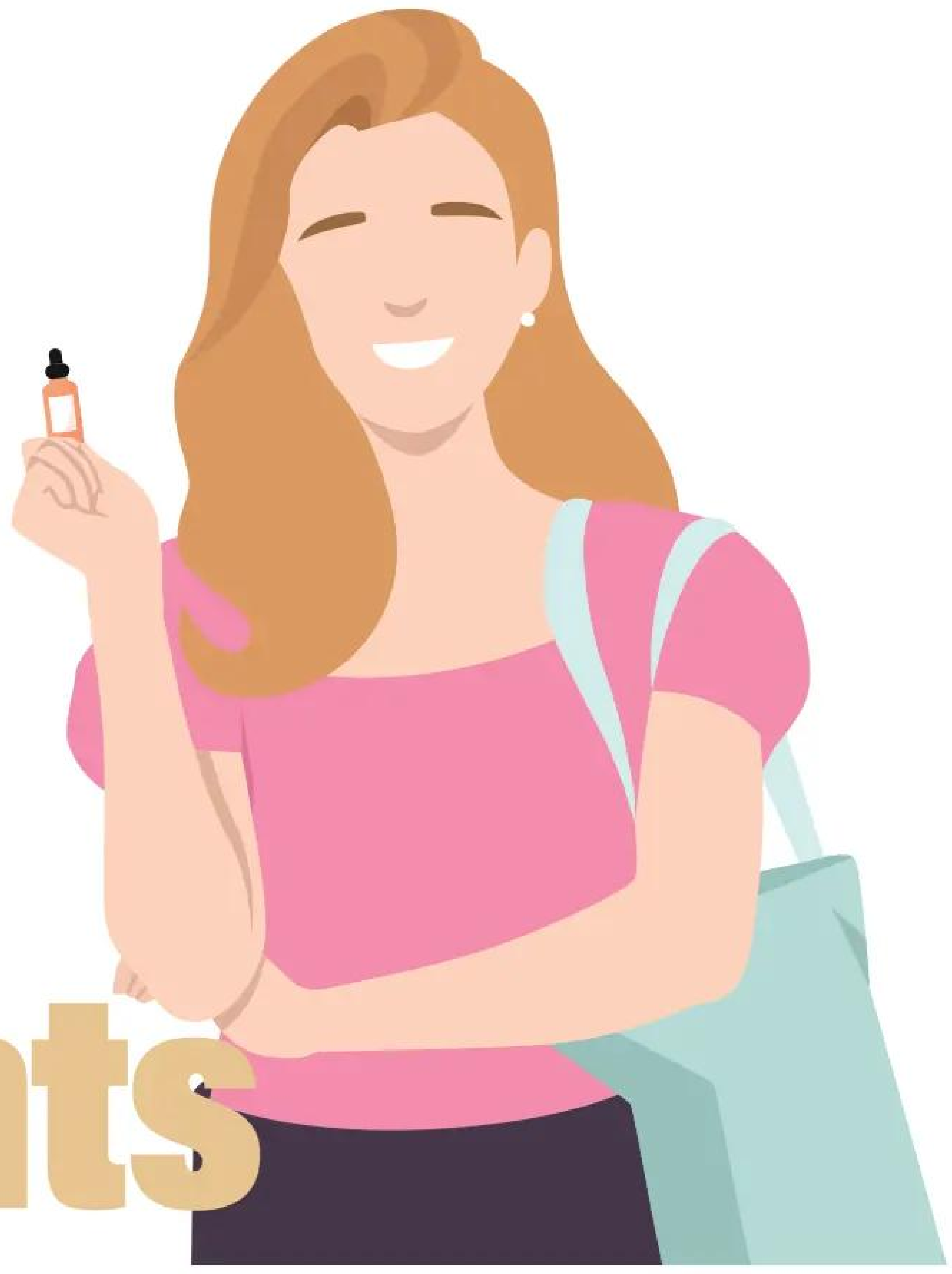
RECIPE OF THE DAY

Bath milk soak

INGREDIENTS
1 cup of powdered milk,
½ cup oats

INSTRUCTIONS
Add the ingredients to a warm bath. Stir to dissolve. Soak in it for 20 minutes.

Disclaimer: Always do a patch test before use



DAY 21

Focus on... knowing ingredients

Find your way through the jargon to get the best products with the right ingredients

Walking down a shop's skincare aisle can feel overwhelming, and approaching a woman in a white coat at a fancy skincare concession is enough to bring you out in hives. But getting to know key players puts you in a position of power when choosing the right products for you.

Three key ingredients

Today, we'll look at three of the most well-known and scientifically backed ingredients: vitamin C, retinol and collagen. Vitamin C is a powerful antioxidant that protects skin from damage caused by free radicals from UV rays and pollution. It also helps to brighten your complexion and can reduce dark spots, leaving your skin looking more radiant.

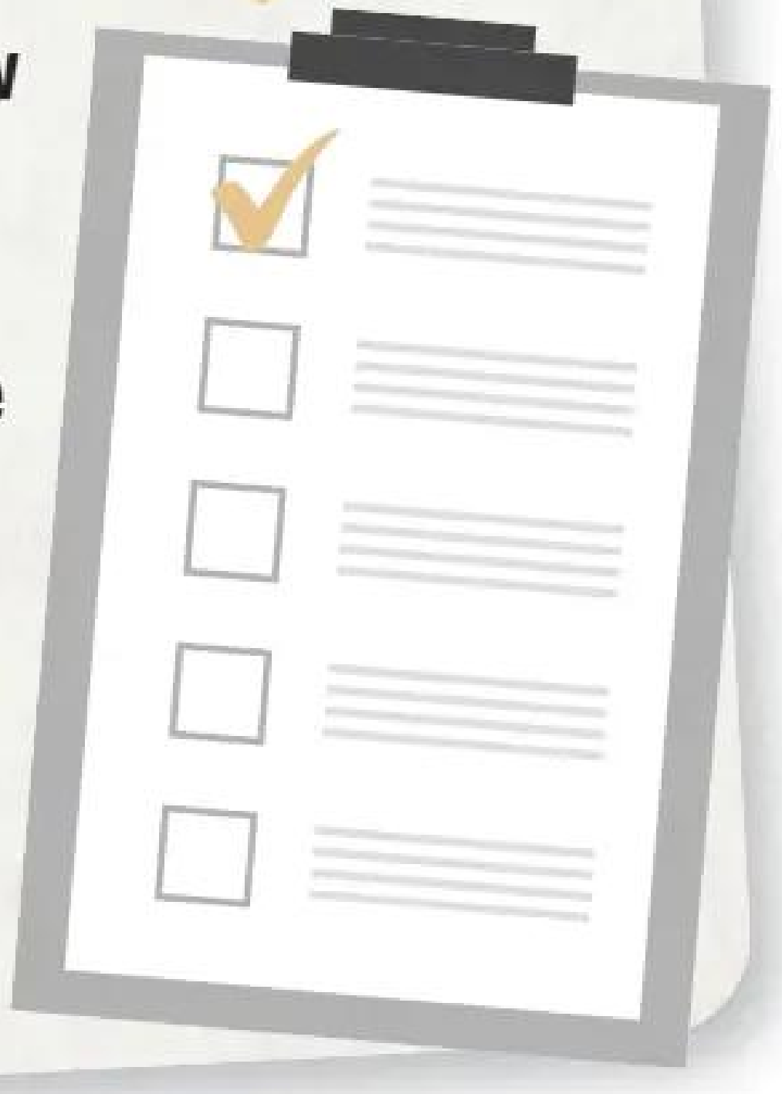
Retinol, a form of vitamin A, is a much-revered ingredient for anti-ageing. It works by accelerating your skin's cell turnover, which helps to reduce the appearance of fine lines, smooth out texture and even improve acne. This powerful ingredient can dramatically change your skin's health over time, which is why it's so beloved by dermatologists. It can also help to fade hyperpigmentation and improve overall skin clarity.

Finally, collagen is the protein that provides structure and elasticity to your skin, keeping it firm and plump. While collagen in creams and lotions can be great for hydration, the best way to support your skin's collagen is to boost its natural production with a varied and balanced diet.

> "Vitamin C is a powerful antioxidant that protects skin from damage."

Make it easy

Pick just one new ingredient to focus on and learn how to use it correctly in your routine.



5 top tips for getting to know your ingredients

Follow these steps and you will be feeling the benefits in no time

1. Apply a vitamin C serum in the morning, followed by your moisturiser with sunscreen to enhance sun protection and fight off all the daily environmental nasties.
2. Start with retinol slowly. Begin by using a low-strength retinol or retinoid once or twice a week at night to allow your skin to build up a tolerance.
3. Pair powerful ingredients such as retinol with a hydrating serum containing hyaluronic acid to keep your skin plump and reduce potential dryness.
4. While collagen creams are moisturising, eating foods rich in vitamin C, such as citrus fruits, can help your body to produce its own collagen.
5. Always do a patch test on a small, inconspicuous area of your skin to check for a reaction before applying any new product to your entire face.

PRODUCT OF THE DAY

Peptides

Peptides are made up of different amino acids and they come in many combinations

Peptides are basically text messages for your skin cells. They tell fibroblasts to get off the sofa and make more collagen and elastin. They don't strip, burn or peel, so they suit sensitive and ageing skin that still wants results. Used consistently, they firm and smooth while keeping the barrier intact. Look for multi-peptide serums like Geek & Gorgeous Power Peptides or The Ordinary Multi-Peptide Serum. Intradermology medical grade skincare, only offered at clinics, has a great product called the Pep-up Complex with peptides, ceramides and amino acids, giving slow, but real results.

● *Recommended by* ***Dr Hansel Misquitta****, International Doctor and Aesthetic Practitioner*

FACT OF THE DAY

Not all vitamin C products are created equal

Vitamin C serums come in a range of strengths, so make sure you get the right one for you

This antioxidant brightens, boosts collagen and shields against environmental damage, but it's highly unstable and can break down with light and air. That's why cheap versions can stop working quickly. For real results, look for stabilised formulas in the 15-20 per cent range: strong enough to be effective, yet gentle on skin. Investing a little more money means your serum stays potent, so you actually see the glow and protection that vitamin C is famous for.

○ ***Diane Ayling****, Aesthetic Nurse Practitioner, Novellus Aesthetics (novellusaesthetics.co.uk)*

My skincare diary

Date / /

Do this... **REGULARLY**

○ **Today I...** Focussed on researching one new ingredient

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning
○ **Cleanser**
○ **Moisturiser**
○ **SPF**

Evening
○ **Cleanser**
○ **Moisturiser**

Notes

DIY Skincare

RECIPE OF THE DAY

Oatmeal honey mask

INGREDIENTS

1 tbsp ground oats, 1 tsp honey, 1 tsp milk

INSTRUCTIONS

Mix all the ingredients into a paste. Apply to face. Leave for 10-15 minutes, rinse.

Disclaimer: Always do a patch test before use

DAY 22

Focus on... sleeping 7-9 hours

Get your night-time routine right and you can wake in the morning a new person

We've all heard of beauty sleep, but unlike Sleeping Beauty, it's far from a fairy tale. In fact, it's a crucial part of your skin's repair and regeneration cycle. While you're in the deep phase of sleep, your body goes into repair mode and your skin is working overtime.

Overnight renewal

This is when your skin cells undergo their most significant regeneration and turnover. Your body produces new collagen, the protein that keeps your skin firm and bouncy, and your blood flow increases, delivering essential oxygen and nutrients to your skin's surface. This night-time process is your body's most effective way of repairing the daily damage from environmental stressors like pollution and UV rays, giving you a fresh, healthy-looking complexion in the morning.

On the flipside, it's why the phrase death-warmed-up springs to mind when you see yourself in the mirror after a rough night. Lack of sleep can increase the stress hormone cortisol, which can lead to inflammation, breakouts and the breakdown of collagen. This can leave your skin looking dull, sallow and more prone to fine lines.

So here's the main takeaway for today: aiming for 7-9 hours of quality, uninterrupted sleep isn't just about feeling rested, it's about providing your skin with the optimal environment to heal and renew itself.

> "While you're in the deep phase of sleep, your body goes into repair mode and your skin is working overtime."

Make it easy

Set a consistent bedtime and stick to it, even on weekends, to help your body establish a healthy sleep rhythm.

5 top tips to improve your sleep

Preparing well for bed can significantly improve the quality of your sleep

1. Create a serene sleep environment. Make sure your bedroom is cool, dark and quiet to encourage a deep, uninterrupted sleep.
2. Unplug before bed. Avoid screens and blue light from your phone or TV for at least an hour before you go to sleep.
3. A simple wind-down routine, like a warm bath or a cup of herbal tea, can signal to your brain and body that it's time to rest.
4. Avoid alcohol, refined sugar and caffeine in the evenings for increased sleep quality.
5. Don't hit the snooze button. Waking up to a jarring alarm and then going back to sleep can leave you feeling more tired and disrupt your sleep cycle.

PRODUCT OF THE DAY

Ceramide

Ceramide is a key component of the skin's outermost layer, the stratum corneum, along with cholesterol and fatty acids

Ceramides help keep your skin healthy and protected. They're made naturally in the body, but can also be created from plants or synthetically. They lock in moisture and strengthen the skin's natural barrier. They also shield against dryness and irritation, which can become more noticeable with age. When used regularly, ceramides help skin feel nourished, soft and protected for a plumped-up appearance. Use with hyaluronic acid and peptides to support skin hydration and repair.

FACT OF THE DAY

Overheating and sweating can cause flare-ups

Keeping cool and dry while you sleep is essential in avoiding any skin flare-ups

Eczema can be extremely uncomfortable and disruptive, but avoiding the right triggers can help people manage their symptoms more effectively. For example, did you know that heat and sweat are two of the biggest triggers for itching and flare-ups? Wear loose, breathable cotton clothing where possible and keep bedrooms cool at night. Instead of heavy duvets, try layering lightweight blankets that can be adjusted easily.

● ***Dr Donald Grant**, GP and Senior Clinical Advisor at The Independent Pharmacy (theindependentpharmacy.co.uk)*

My skincare diary

Date / /

Do this... EVERY NIGHT

○ Today I... Stuck to my calming bedtime routine

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning

○ **Cleanser**

○ **Moisturiser**

○ **SPF**

Evening

○ **Cleanser**

○ **Moisturiser**

Notes

DIY Skincare

RECIPE OF THE DAY

Green tea ice cubes

INGREDIENTS

½ a cup of brewed green tea

INSTRUCTIONS

Pour tea into an ice cube tray. Freeze it. Rub gently under the eyes to reduce puffiness.

Disclaimer: Always do a patch test before use

DAY 23

Focus on... 20 minutes of exercise

Short bursts of activity can boost your circulation and benefit your skin health

When you think of exercise, you probably think of its benefits for your heart, muscles and mind. What you might not realise is that getting your body moving is one of the best things that you can do for your complexion.

When you engage in physical activity, your heart rate increases and your blood circulation gets a boost. This is like a supercharged delivery system for your skin. Your blood carries oxygen and vital nutrients to your skin cells, which are the building blocks for healthy, glowing skin.

Making you sweat

So far, so obvious, but did you know that exercise helps cleanse skin through sweating? Sweat helps flush toxins and impurities from pores, which can prevent breakouts and congestion. It's also a powerful tool to manage stress. Exercise causes the body to release endorphins, which are natural stress-relievers. Since stress can trigger inflammatory skin conditions, such as acne, eczema and psoriasis, regular exercise can help keep flare-ups in check.

Here's a gamechanger for those of us in midlife: exercise can also help to stimulate collagen production, which is crucial for maintaining your skin's firmness and elasticity as you age. This is particularly beneficial for those with mature skin or anyone looking to get a head start on preventative skincare.

So there you have it in a nutshell: incorporating just 20 minutes of moderate activity into your day is a simple and effective way of supporting your skin's health and giving it a natural radiance.

> **"Sweat helps flush toxins and impurities from pores, which can prevent breakouts and congestion."**

Make it easy

Start by taking a brisk 20-minute walk at lunchtime to get your blood flowing and refresh your complexion.

The science behind exercising for your skin

Getting your body moving causes it to react in ways that are good for the skin, here's why...

A burst of exercise improves skin health thanks to several physiological mechanisms. By increasing blood flow, it delivers more oxygen and vital nutrients to skin cells while simultaneously flushing away cellular waste and free radicals that can cause damage. This enhanced circulation helps skin appear more vibrant and healthy. It also helps regulate the body's hormonal balance, lowering stress hormones like cortisol, which are known to contribute to acne and inflammation, and it stimulates the production of collagen, a crucial protein that maintains the skin's elasticity and firmness, helping to reduce the signs of ageing.

PRODUCT OF THE DAY

Glycerin

Also known as glycerol, glycerin is the stuff that also features in sweeteners for foodstuffs

Glycerin is a hardworking humectant that draws water into the skin, keeping it plump and hydrated. Found in everything from cleansers to moisturisers, it's gentle, effective and suitable for all skin types. Glycerin helps to maintain a healthy skin barrier and boosts the effectiveness of other hydrating ingredients in your routine. Add glycerin into your skincare routine when you want smooth, hydrated and bouncy skin.

MYTH-BUSTER OF THE DAY

Steroid creams cure eczema and psoriasis

Although they may help reduce inflammation in the short term, steroid creams don't address the cause of the problem

FACT: Steroids calm inflammation, but they don't fix the underlying immune imbalance that drives these conditions. That's why flares often return once the cream is stopped. In Chinese medicine, the goal isn't just to suppress, but to rebalance – calming inflammation while helping the body regulate itself again. With the right natural oils and soothing botanicals, treatment can move beyond short-term relief to build a steadier foundation for healthier, more resilient skin over time.

● ***Dr Mazin Al-Khafaji**, Dermatologist and founder of Dermatology M (dermatology-m.com)*

My skincare diary

Date / /

Do this... EVERY DAY

○ Today I... Completed 20 minutes of exercise

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning	Evening
○ **Cleanser**	○ **Cleanser**
○ **Moisturiser**	○ **Moisturiser**
○ **SPF**	

Notes

DIY Skincare

RECIPE OF THE DAY

Lavender bath salt

INGREDIENTS

1 cup of Epsom salt,
2 tbsp dried lavender

INSTRUCTIONS

Mix the salt and lavender. Add ½ cup to your bath water. Soak for 15-20 minutes.

Disclaimer: Always do a patch test before use

DAY 24

Focus on... managing stress

Stress affects us all, but coping with it can be as easy as 5 minutes of deep breathing

We've focused a lot on what we put on – and in – our bodies, but one of the most powerful tools for improving your skin health is something you can't buy in a bottle: stress management.

When you're stressed, your body goes into fight or flight mode, which triggers the release of stress hormones such as cortisol. High levels of cortisol in the body can lead to an increase in oil production, inflammation and can even break down the collagen that keeps your skin firm and looking youthful. This can mean breakouts, redness and a dull complexion.

Take a deep breath

This is why students get breakouts during exams, and why we all glow when we have a digital detox or flop on a beach for two weeks. But you can't always run away from life's stresses so management is the key here.

Deep breathing is a great way to start – it's a simple yet incredibly effective way to counteract the effects of stress. By taking slow, deep breaths, you activate your body's relaxation response, which lowers cortisol levels and calms your nervous system. This in turn can help to reduce inflammation throughout your body, including in your skin.

This small habit not only calms your mind but soothes your skin, helping you have a clearer, more radiant complexion.

> "When you're stressed, your body goes into fight or flight mode."

Make it easy

Set a timer for 5 minutes and focus on your breathing, making each inhale and exhale as long and slow as comfortable.

5 apps that help you manage your stress levels

Technology can come to your aid when handling stress, so check out these apps

1 **Calm** provides a vast library of guided meditations, including specialised programmes for anxiety and stress, alongside mindful breathing exercises.

2 **Headspace** takes a structured approach to foundational meditation and breathwork techniques in a progressive, easy-to-follow format.

3 **Pzizz** combines meditations and sleep sounds under the headings of Sleep, Nap and Focus.

4 **Colorfy** works a bit like a colouring book on your phone or tablet, so that you can clear your mind and focus on a creative activity.

5 Lastly, **Breethe** offers a more personalised experience, with guided meditations and breathing exercises tailored to specific situations, such as issues with a difficult boss making you feel stressed.

PRODUCT OF THE DAY

Black tea ferment

Fermenting black tea doesn't produce alcohol, instead it oxidises the polyphenols in the tea

Black tea ferment is a fermented extract derived from black tea cultures (Komagataeibacter xylinus). It's rich in antioxidants and bioactive compounds that neutralise free radicals and soothe oxidative stress. It also helps improve skin texture, brighten tone and support skin's natural rejuvenation processes.

● *Recommended by **Fabio Basile**, Founder of Moumoujus (moumoujus.com)*

FACT OF THE DAY

Approach new product trends with caution

If you come across a product you have never heard of before and it's making bold promises, it's best to check out the claims before buying

Sometimes, clever marketing is just that. The current trend of overnight 'lip masks', for example, are just glorified lip balms. Typically, they have slightly more ingredients than a standard lip balm that might be heavier and don't dry, so they just sit on the skin. Some of these are wildly expensive and not worth the price tag, so do spend a bit of time researching to make sure you're not wasting your time and money.

● ***Zoe Nichols**, Beauty therapist, (subs.com/zoenicholssoda)*

My skincare diary

Date / /

Do this... **EVERY DAY**

○ **Today I...** Tried 5 minutes of deep breathing

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning

○ **Cleanser**

○ **Moisturiser**

○ **SPF**

Evening

○ **Cleanser**

○ **Moisturiser**

Notes

DIY Skincare

RECIPE OF THE DAY

Strawberry brightening mask

INGREDIENTS

2 mashed strawberries, 1 tsp yoghurt

INSTRUCTIONS

Mash the strawberries, mix with the yoghurt. Apply to face. Leave 10 minutes, rinse.

Disclaimer: Always do a patch test before use

DAY 25

Focus on... washing makeup brushes

A regular hygiene routine for your makeup brushes can help avoid the build-up of dirt

Hey, you, what's lurking in your makeup bag? Apart from old coins, hairbands, pencil shavings and the odd contact lens, that is...

Seriously, though, it's a good idea to think about how many times you use your makeup brushes and sponges each week, and what they come into contact with: makeup, oil, dead skin cells and bacteria. Over time, all this gunk builds up on your tools, turning them into a breeding ground for germs.

When you use a dirty brush, you're not just applying your favourite products, you're also transferring dirt and bacteria directly onto your skin. Washing your makeup brushes and tools regularly is one of the most underrated, but essential, habits for maintaining a clear and healthy complexion.

It's about hygiene, but it's also about performance. Clean brushes not only prevent breakouts, but also ensure your makeup goes on smoothly and blends beautifully. A dirty brush can create a streaky or patchy finish, as the old, hardened makeup on the bristles can't properly deposit the new product. Similarly, a sponge that is clogged with makeup won't be half as effective as a clean one.

Wash once a week

The general rule of thumb is to wash brushes, sponges and other tools once a week. You can use a mild soap or a dedicated cleanser. The process is simple, but the benefits are huge. Washing tools can dramatically reduce the amount of bacteria you're applying to your face and improve the overall health and appearance of your skin.

> "A dirty brush can create a streaky or patchy finish."

Make it easy

Make it a Sunday ritual. Set aside a few minutes each Sunday evening to give your brushes a quick wash, ready for the week ahead.

5 top tips for washing makeup brushes

Five simple steps to using cleaner brushes for healthier, better-looking skin

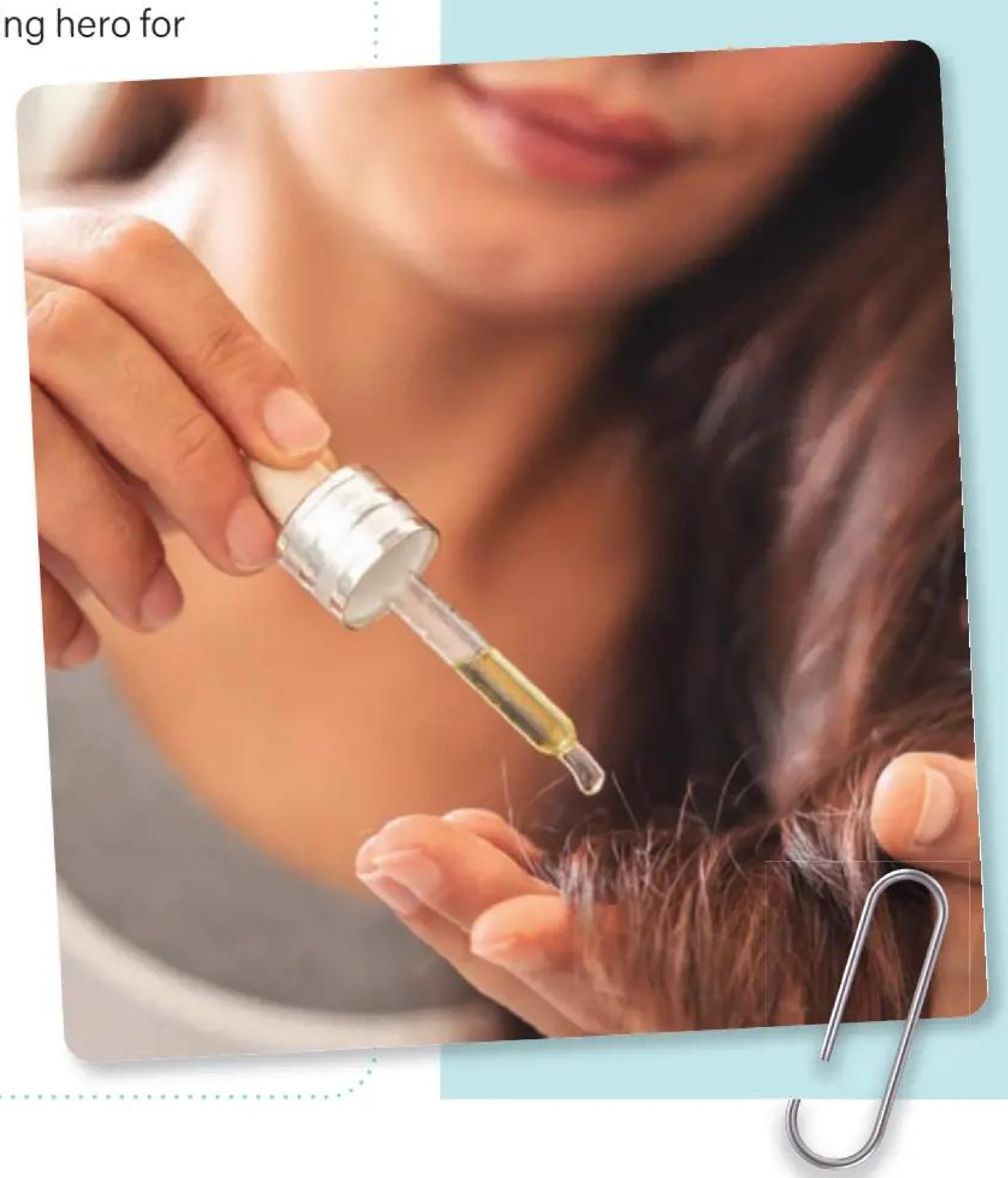
1. Use a gentle cleanser. A mild soap, baby shampoo or a dedicated brush cleanser works perfectly.
2. Gently run the bristles under lukewarm water until all the soap and residue are gone. Avoid getting water on the metal part where the bristles are attached.
3. Reshape and air dry. Squeeze out excess water, reshape the bristles, and lay the brushes flat on a towel to dry overnight.
4. For beauty sponges, you can microwave them in a bowl of soapy water for about 30 seconds to kill any bacteria.
5. Use a quick-drying spray cleanser on your makeup brushes after each use to kill bacteria and prevent product build-up between washes.

PRODUCT OF THE DAY

Niacinamide

Also known as nicotinamide, this derivative of vitamin B3 can be used both orally and topically to treat a range of conditions

Niacinamide is a multitasking hero for your skin. Naturally derived from vitamin B3, it helps control oil, smooth texture, reduce the look of pores and even out skin tone. It's gentle enough for sensitive skin, while strengthening your skin barrier and keeping your complexion looking bright and balanced. It works alongside antioxidants, hyaluronic acid and peptides to boost hydration, protect against the environment and support your skin's health.



FACT OF THE DAY

Hair oils can affect your skin

What you use on your hair may make its way onto your skin as well and cause problems as a result

Many people use nourishing oils to enhance their curls, but it's important to remember that these products can migrate onto your skin, especially around the hairline or when you sleep. Heavy oils may clog pores and contribute to breakouts. To avoid this, apply oils sparingly and always cleanse your skin thoroughly before bed. A silk pillowcase can also help to minimise oil transfer.

● ***Samantha Cross**, Curly Hair Expert at Curl Warehouse (curlwarehouse.com)*

My skincare diary

Date / /

Do this... **ONCE A WEEK**

○ **Today I...** Washed my makeup brushes

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning
○ **Cleanser**
○ **Moisturiser**
○ **SPF**

Evening
○ **Cleanser**
○ **Moisturiser**

Notes

DIY Skincare

RECIPE OF THE DAY

Beetroot tint balm

INGREDIENTS
1 tsp beetroot juice,
1 tsp coconut oil

INSTRUCTIONS
Mix the juice and oil. Apply to the lips for a natural tint.

Disclaimer: Always do a patch test before use

DAY 26

Focus on... a gentle facial massage

Not only does a face massage feel good and relieve stress, it's good for your skin too

A facial massage might sound just like an excuse to be pampered, and there's nothing wrong with that. However, it's also a brilliant and simple way to boost your skin's health.

The gentle act of massaging your skin, whether with your fingertips or a specific tool like a gua sha or facial roller, stimulates blood flow and circulation. This increased circulation delivers more oxygen and nutrients to your skin cells, giving you an immediate, healthy-looking glow. It's also thought to help flush away toxins and reduce puffiness, especially around the eyes and jawline, leaving your face looking more sculpted and toned. This is because the physical motion may stimulate the lymphatic system, which is responsible for draining excess fluids and waste from your tissues.

Relieving your stress

Beyond the physical benefits, a facial massage is a powerful tool for stress relief. The face is a common area for holding tension, from clenching your jaw to frowning unconsciously. Taking a few minutes to mindfully massage these areas can help to release that tension, which in turn can reduce breakouts and inflammation triggered by stress.

It's also a fantastic way to boost the absorption of your favourite products. By massaging your serum or oil into your skin, you're helping the ingredients to penetrate deeper and work more effectively. It's a great way to connect with your skin and, let's be honest, a brilliant excuse to give yourself a well-deserved moment of TLC.

> "The gentle act of massaging your skin stimulates blood flow and circulation."

Make it easy

Use your favourite facial oil or serum and gently massage it in with your fingertips while you watch your favourite TV show.

5 top tips for a gentle facial massage

Learn how to give yourself a face massage in five easy steps

1 Always apply a facial oil or a rich serum before you begin, to ensure your fingers or tool can glide smoothly and not drag your skin.

2 Follow the lymph pathways. Use upward and outward strokes to help drain lymph fluid and reduce puffiness, especially along the jawline and under the eyes.

3 Try a gua sha. This flat tool can be used to sculpt and lift your face, and the cooling stone can be very soothing for inflamed skin.

4 Just like any other muscle, your facial muscles respond best to regular, consistent stimulation, so aim to do this a few times a week.

5 Gently use your knuckles to massage along your jawline to release tension from clenching and stress.

PRODUCT OF THE DAY

Squalane

Not to be confused with squalene, which is not hydrogenated and therefore doesn't possess the same beneficial properties for skin

Squalane is lightweight, super smooth and hydrating. It locks in moisture without feeling greasy, leaving skin soft. It's suitable for all skin types, it calms dryness and balances your skin naturally. Used regularly as part of your daily skincare routine, squalane can help your skin look healthy with a natural glow. Squalane works really well with ingredients like hyaluronic acid, ceramides and antioxidants.

FACT OF THE DAY

Scratching your skin too much will cause damage

It may be hard to resist having a really good scratch at itchy skin, but the short term relief isn't worth the longer term damage

Scratching might give short-term relief to conditions like eczema, but it worsens irritation and can lead to infections. Instead, keep nails short and use a cold compress or an emollient straight from the fridge to soothe itching without damaging the skin. Everyone's eczema triggers are unique, but by being aware of the most common culprits and knowing the healthier alternatives, people can take better control of their condition alongside medical treatment.

● ***Dr Donald Grant**, GP and Senior Clinical Advisor at The Independent Pharmacy (theindependentpharmacy.co.uk)*

My skincare diary

Date / /

Do this... **REGULARLY**

○ Today I... Gave myself a facial massage

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning

○ **Cleanser**

○ **Moisturiser**

○ **SPF**

Evening

○ **Cleanser**

○ **Moisturiser**

Notes

DIY Skincare

RECIPE OF THE DAY

Avocado mask

INGREDIENTS

¼ of an avocado,
1 tsp olive oil

INSTRUCTIONS

Mash the avocado until smooth. Add the olive oil and mix well. Apply as a mask for 10 minutes, then rinse.

Disclaimer: Always do a patch test before use

DAY 27

Focus on… lukewarm showers

Turn down the temperature and improve your skin

A long, hot shower can feel incredibly soothing, especially on a chilly day, but while it might feel good in the moment, very hot water can be surprisingly harsh on the skin. Your body's skin is a finely tuned ecosystem with a delicate moisture barrier, a protective layer of natural oils that keeps hydration in and irritants out. Hot water, especially when you're exposed to it for a long period, acts like a powerful solvent, stripping away these essential oils. This can leave your skin feeling dry, tight and itchy. It can even trigger or worsen inflammatory skin conditions like eczema and rosacea.

Cleaning without harming

Opting for lukewarm water instead can be a simple but meaningful change. Lukewarm water is much gentler on your skin, allowing you to cleanse effectively without compromising your skin's natural barrier. This helps to preserve the natural lipids and oils on your skin's surface, which are essential for maintaining its integrity and a healthy appearance. It also works to maintain your skin's moisture levels, keeping it plump and hydrated.

If you're feeling brave, you could even change from lukewarm to slightly cooler water at the end of your shower, as this can further improve your skin's circulation. The change in temperature acts like a mild circulatory massage, bringing blood to the surface of your skin and giving you a healthy-looking glow. The good news is that we're not talking Wim Hof ice baths; all you need is a small adjustment to the temperature for a healthy, more comfortable complexion.

> "Lukewarm water is much gentler on your skin."

Make it easy

Turn the water temperature down just a fraction each day to allow yourself to get used to lukewarm showers.

5 *top tips* for a skin-friendly shower

Adopt this showering routine to get your skin cleaned and moisturised

1. Aim for showers that are no longer than 5-10 minutes to minimise the amount of time your skin is exposed to water.
2. Keep the bathroom door closed to trap steam and create a more humid environment, which will help your skin to retain moisture.
3. Use a gentle cleanser. Choose a moisturising body wash that is soap-free and fragrance-free to avoid further stripping your skin.
4. Pat yourself dry. Instead of rubbing your skin with a towel, gently pat it to leave a little moisture on the surface.
5. Moisturise immediately. Apply your body moisturiser within 3 minutes of getting out of the shower to lock in the remaining moisture.

PRODUCT OF THE DAY

Exosomes

The existence of these incredibly tiny extracellular vesicles was discovered as recently as the 1980s

Exosomes are nanoscale vesicles that carry signalling molecules – lipids, proteins, nucleic acids – between cells. In topical formulas, they can aid communication in skin tissue and promote regeneration by stimulating collagen and elastin synthesis. Over time, this can help refine texture and support a more resilient, youthful appearance.

● *Recommended by* ***Fabio Basile****,*
Founder of Moumoujus (moumoujus.com)

FACT OF THE DAY

There is no such thing as a 'safer tan'

Don't be taken in by the change in language, tanning beds are not good for your skin

The language used around sunbeds seems to have shifted significantly and is playing a big part in their rise in popularity. Whereas they were seen as a danger to the skin in terms of their links to skin cancer, now they're referred to as promoting 'relaxation', or as 'vitamin D therapy' or as a 'safer tan'. Younger generations may not be aware of the dangers they pose. Tanning beds use ultraviolet radiation to generate UV rays that are emitted onto the skin. These rays stimulate melanin production in skin cells, causing the outermost layer, the epidermis, to become darker in tone. There are a number of health risks of UV tanning beds, mainly an increased risk of skin cancer, as well as premature skin ageing. As medical experts, we advise people to avoid UV tanning beds at all costs.

● ***Dr Dan Marsh*** *and* ***Dr Mr Akhavani****,*
Co-Founders of The Plastic Surgery Group (theplasticsurgerygroup.co.uk)

My skincare diary

Date / /

Do this... EVERY DAY

○ Today I... Took a lukewarm shower

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning	Evening	Notes
○ Cleanser	○ Cleanser	
○ Moisturiser	○ Moisturiser	
○ SPF		

DIY Skincare

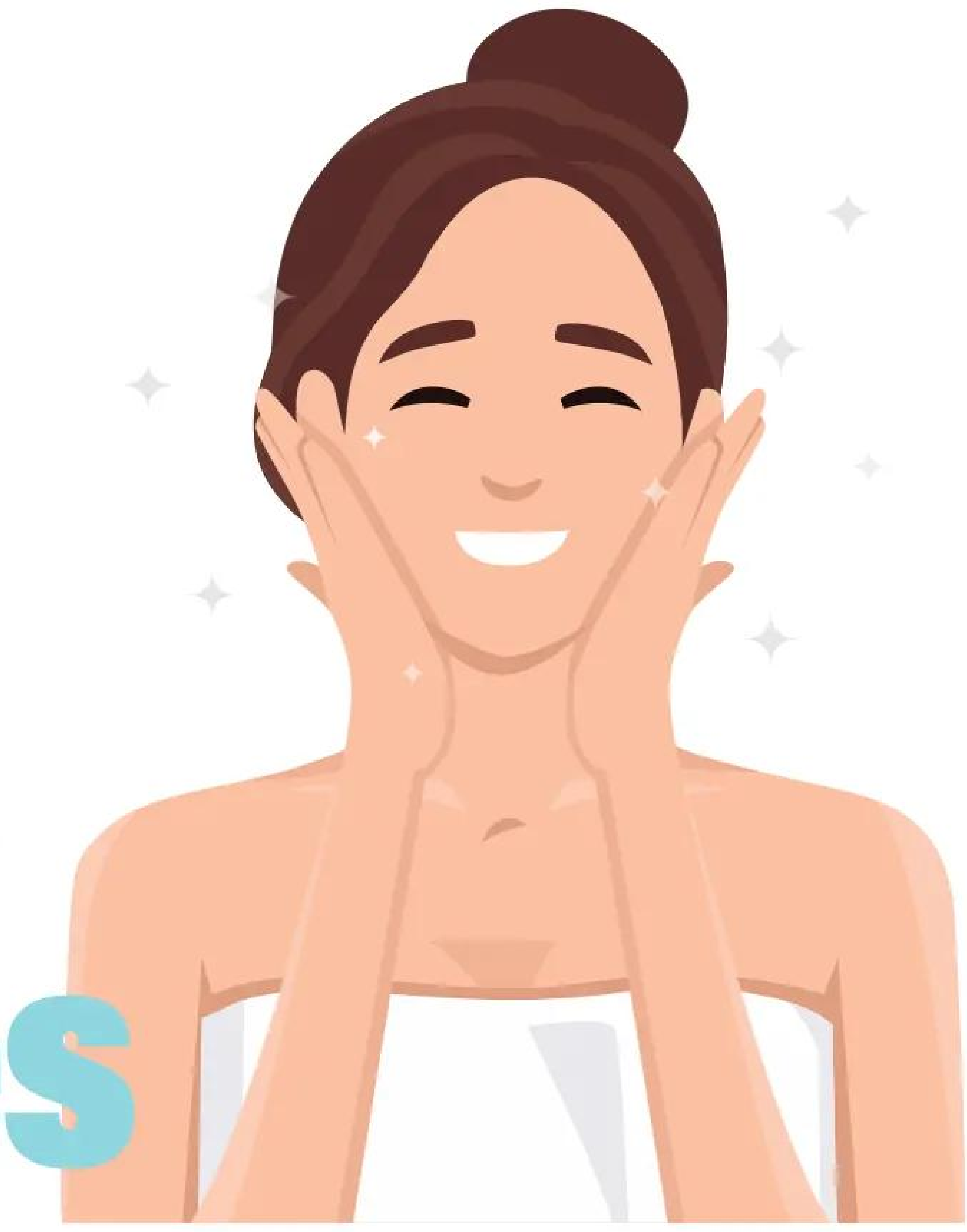
RECIPE OF THE DAY

Pumpkin scrub

INGREDIENTS
2 tbsp pumpkin purée,
1 tbsp sugar

INSTRUCTIONS
Mix into a thick paste.
Rub gently on damp skin.
Rinse clean.

Disclaimer: Always do a patch test before use



DAY 28

Focus on... ditching the wipes

If you've got into the habit of using face wipes for convenience, it's time to stop

Skincare wipes: yes or no? They may seem like a lifesaver when you're tired, travelling or in a hurry. They're quick and easy to use, but the truth is, they're one of the worst things you can use on your face. While they appear to be cleaning skin, they are actually just smearing dirt, makeup, and oil around, rather than effectively removing it.

It's like using a damp sponge to quickly wipe a dirty kitchen counter. It may look clean, but the dirt is still there, just spread thinly across the surface. This residual grime can sit on your skin, clogging your pores and leading to breakouts and a dull complexion.

Harsh ingredients

Also, these bad boys are often saturated with harsh ingredients like alcohol and preservatives to keep them moist and prevent bacterial growth; all of which can strip your skin of its natural moisture barrier and cause redness, sensitivity and even premature ageing.

The physical friction of rubbing the wipe across your face can also cause micro-tears in the skin, further compromising its delicate barrier. The good news is that there are quick and easy alternatives that are far better for your skin and don't require much extra time. A simple, gentle cleanser and a soft flannel or reusable makeup pad can get your skin truly clean in a matter of minutes, ensuring you're not just moving dirt around, but actually getting it off your face for good.

> "The good news is that there are quick and easy alternatives."

Make it easy

Keep a gentle cleanser and a clean flannel in your shower tray for a quick and effective one-step cleanse.

5 top tips to break your face wipe habit

Try these easy ways to replace your skincare wipes with something better

1. For fuss-free everyday cleansing, use an oil-based cleanser and massage it into your skin before rinsing it off.
2. If you want to replicate the feeling of wipes, use a reusable makeup remover pad. These clever little pads are brilliant for removing makeup quickly, without irritating your skin or creating waste.
3. Instead of splashing your cash on costly wipes, treat yourself to a fancy cleansing balm. These rich balms melt makeup and dirt away on contact and can be a luxurious and effective way to cleanse your skin in the evening.
4. Remove temptation by keeping any wipes tucked away in a drawer and instead putting your cleanser front and centre in the bathroom.
5. Use a soft, clean cloth to remove your cleanser to avoid discomfort and make it feel like a luxury, not a chore.

PRODUCT OF THE DAY

Retinol, vitamin C and peptides

These three ingredients are the keys to encouraging your body to keep making the collagen your skin needs

While applying collagen directly to the skin doesn't replace what's lost, certain skincare ingredients stimulate your body to make more. Retinol encourages cell turnover and collagen synthesis, while vitamin C supports collagen stability and protects it from free radical damage. Peptides act as 'messengers', telling your skin to produce more collagen. Combined with collagen supplements, which provide the amino acids your body needs, you're nourishing skin inside and out, helping it stay firmer, smoother, and more resilient.

● *Recommended by **Victoria Worthington**, Senior Medical Aesthetician, KP Aesthetics (kpaesthetics.co.uk)*

MYTH-BUSTER OF THE DAY

Fillers always look fake

Having fillers doesn't have to mean you will end up looking like plastic doll

Many people imagine overfilled lips or exaggerated cheeks when they think of fillers. In reality, when performed by a skilled professional, fillers are designed to enhance natural features subtly. Most people you meet who've had fillers done well simply look refreshed, not 'done'. Good filler work is usually unnoticeable, it just gives the face a smoother, more youthful appearance. The idea that fillers are always obvious comes from seeing extreme cases or celebrity images where treatments were intentionally dramatic.

● ***Deborah Elwiss McNally**, Aesthetic Nurse Practitioner, KP Aesthetics (kpaesthetics.co.uk)*

My skincare diary

Date / /

Do this... EVERY DAY

○ Today I... Found an alternative to makeup wipes

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning

○ **Cleanser**

○ **Moisturiser**

○ **SPF**

Evening

○ **Cleanser**

○ **Moisturiser**

Notes

DIY Skincare

RECIPE OF THE DAY

Almond scrub

INGREDIENTS
1 tbsp ground almonds,
1 tsp honey

INSTRUCTIONS
Mix the ground almonds and honey.
Rub onto skin in circles.
Rinse with water.

Disclaimer: Always do a patch test before use

DAY 29

Focus on… possibly seeking expert help

Not every skin condition can be handled by yourself, so know when it's time to get help

Over the past four weeks, you've built a fantastic foundation for healthy skin by adopting some simple yet powerful habits. But what if you've been doing everything right and your skin still isn't behaving? Maybe it's time to call in an expert.

Think of it this way: you wouldn't try to fix a plumbing issue that's causing chronic damp in your house yourself, you'd call a professional. Your skin is no different. Many persistent skin concerns, such as chronic acne, rosacea, eczema or unusual rashes, require a professional diagnosis and treatment plan that a skincare regime alone can't provide.

Seeing a dermatologist

A dermatologist is a medical doctor who specialises in skin, hair and nails. They have the knowledge to accurately diagnose complex conditions and can prescribe treatments or procedures that aren't available over the counter.

Attempting to self-diagnose and treat a serious skin issue can lead to further irritation or damage and an expert will be able to help you understand the root cause of your skin's behaviour, whether it's hormonal, inflammatory or even a simple allergy you've never identified.

While seeing a dermatologist may require a GP referral through the NHS or a private consultation, it can save you time, money and frustration in the long run.

> "A dermatologist is a medical doctor who specialises in skin, hair and nails."

Make it easy

Start by booking an appointment with your GP to discuss any persistent skin concerns that you have and ask for a referral to a dermatologist.

5 *top tips* for seeing a skin expert

Getting help can be from different sources including your GP, pharmacist and dermatologist

1. Make a list of your current skincare products, any medications you take and a timeline of your skin's issues to help the expert to give a proper diagnosis.
2. Understand what a dermatologist can do. They can offer prescription-strength retinoids for acne and ageing, or treatments for inflammatory skin conditions like eczema.
3. Don't be afraid to ask for a simple, step-by-step routine that you can easily follow at home to support your treatment.
4. Find a reputable professional. Look for a dermatologist who is on the General Medical Council's specialist register to ensure they are a qualified expert.
5. If you don't feel comfortable with your diagnosis or treatment plan, or you aren't seeing results, it is entirely reasonable to ask for a second opinion from another qualified expert.

PRODUCT OF THE DAY

Bakuchiol

First identified in the 1960s, this compound has become commercially available in the last 20 years

Bakuchiol, a plant-derived compound from bu gu zhi (psoraleae fructus), is often called the 'natural retinol'. It improves skin texture, reduces fine lines, and supports collagen and barrier repair – without the irritation and sensitivity retinol can cause. Studies, including those published in the *British Journal of Dermatology*, confirm its potent antioxidant, anti-inflammatory and collagen stimulating properties, making it particularly well-suited for sensitive or inflamed skin. By stimulating the skin's own regenerative processes, bakuchiol bridges tradition and modern science, offering a gentle yet powerful path to healthier, more radiant skin.

● *Recommended by* ***Dr Mazin Al-Khafaji****, Dermatologist and Founder of Dermatology M (dermatology-m.com)*

MYTH-BUSTER OF THE DAY

Retinol thins your skin

If you have heard this myth, then you're certainly not alone, and while it's based on an understandable misconception, the reality is that it's not actually true

FACT: A common myth is that retinol thins your skin. In reality, it does the opposite! Retinol speeds up cell turnover and boosts collagen, which helps thicken the deeper dermis over time. The initial peeling or dryness some people experience is just surface exfoliation, not thinning. With consistent, gentle use, retinol strengthens your skin, smooths texture and reduces fine lines. Start slowly, moisturise well, and let this super powerhouse ingredient do its long-term magic.

● ***Victoria Worthington****, Senior Medical Aesthetician, KP Aesthetics (kpaesthetics.co.uk)*

My skincare diary

Date / /

Do this... REGULARLY

○ Today I... Made a note of any skin concerns

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning	Evening	Notes
○ Cleanser	○ Cleanser	
○ Moisturiser	○ Moisturiser	
○ SPF		

DIY Skincare

RECIPE OF THE DAY

Oatmeal scrub

INGREDIENTS
1 tbsp ground oats,
1 tbsp yoghurt

INSTRUCTIONS
Mix ingredients. Apply to skin, massage for 1-2 minutes, rinse.

Disclaimer: Always do a patch test before use

DAY 30

Focus on... celebrating your success

Take some time to enjoy your progress and create a simple long-term routine

Congratulations! Over the last 30 days, you've completed a journey to better skin by exploring powerful skincare and lifestyle habits. You've learned that a healthy complexion isn't just about the products you use, it's about a holistic approach that includes what you eat, how you sleep and how you manage stress.

Creating a routine

Today is about celebrating your success and, most importantly, creating a simple, long-term routine that is both effective and sustainable. You don't need to adopt all the habits in our guide every single day. The goal now is to identify the ones that gave you the most noticeable results and which you genuinely enjoy.

Building a simple, consistent routine is the key to staying with it and making sure your skin is amazing for years to come. Your daily routine should revolve around a core three-step process: cleansing, moisturising and applying sunscreen. These three pillars will protect and maintain your skin's health more than anything else.

On a weekly basis, you can add in a gentle exfoliation to keep your skin smooth and a treatment like a hydrating mask to give it an extra boost. By integrating these routines with the lifestyle choices you've enjoyed – such as staying hydrated, adding more veggies to your plate or getting more sleep – you'll continue to see gradual improvements in your skin's health and vitality. This isn't a quick fix but it is worth it, and we're sure you'll love the results.

> "Building a simple, consistent routine is the key to sticking to it."

Make it easy

Pick your favourite five habits that you've tried this month and liked, and commit to them for the next month.

5 top tips to cement a long-term routine

Make sure you secure the progress you've made with a routine you can stick to every day

1 A basic routine of cleansing, moisturising and sunscreen is the foundation of long-term skin health. Don't feel pressured into buying dozens of new products.

2 Link your routine to an existing daily habit, such as brushing your teeth or showering, so you can maintain it more easily.

3 Pay attention to how your skin feels. If it's dry, add a richer moisturiser. If it's breaking out, consider what might be a trigger.

4 Don't forget to focus on lifestyle factors like diet, exercise, hydration and sleep. They are just as important as your products.

5 Remind yourself each day why you're taking care of your skin and congratulate yourself, to maintain motivation for the long term.

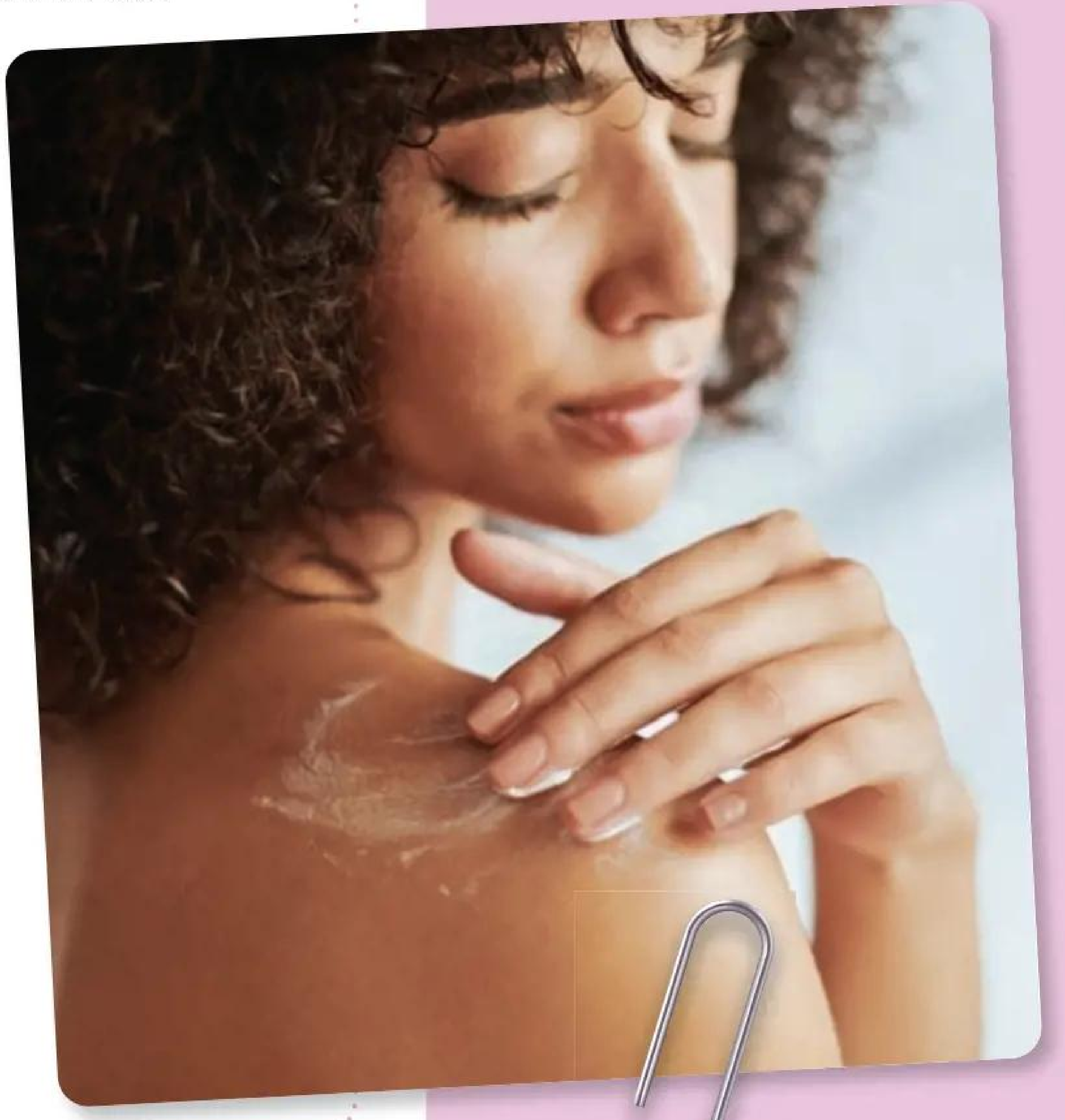
PRODUCT OF THE DAY

Dandelion

Find this skincare star growing in your own garden and don't remove it as a weed, but use it to help your skin

Dandelion is a gentle but powerful detoxification plant that supports the liver, helping the body clear toxins that can otherwise show up as spots, dull skin, or breakouts. It's rich in vitamins A, C and D, and is known for its natural anti-inflammatory and antibacterial properties, which is why it's been used traditionally for clear, glowing skin. Even its milky sap has been used for blemishes, age spots, warts and freckles. The easiest way to benefit from dandelions is just to make tea from its leaves.

● *Recommended by* ***Kathy Sanderson****, Founder of Healing from Within (healingfromwithin.co.uk)*



FACT OF THE DAY

Cross-testing your products is key

You can be sure that individual commercial products are safe and have been tested, but what about when they are combined?

Skincare products have to undergo testing to make sure they're suitable for our skin, but the testing only happens on that one product on its own. Sometimes, when we combine two or three different products in a nightly routine, the products can react with each other, causing our skin to become red, sore or inflamed. Patch testing any new product is important, but you should also try testing products that you're going to use together on a small area of skin first, to make sure that they all work together in perfect harmony.

My skincare diary

Date / /

○ Today I... Noted down my skincare routine for the next 30 days

Skin check Clear Balanced Dry Oily Irritated Glowing

Morning
○ **Cleanser**
○ **Moisturiser**
○ **SPF**

Evening
○ **Cleanser**
○ **Moisturiser**

Notes

DIY Skincare

RECIPE OF THE DAY

Papaya gentle glow mask

INGREDIENTS

1-2 tsp mashed ripe papaya

INSTRUCTIONS

Papaya enzymes mildly exfoliate without scrubbing. Apply for 5 minutes max, then rinse well.

Disclaimer: Always do a patch test before use

The next 30 DAYS

It's time to apply everything you've learned over the last 30 days to the next 30 days and beyond. This daily checklist will help you keep on top of the healthy new habits you've learned over the last month – and there's space to add a couple of your own, too.

WEEK 5	Day 31	Day 32	Day 33	Day 34	Day 35	Day 36	Day 37
Drink more water	☐	☐	☐	☐	☐	☐	☐
Adopt a daily skincare routine	☐	☐	☐	☐	☐	☐	☐
Eat a rainbow of fruit & veg	☐	☐	☐	☐	☐	☐	☐
Apply SPF every day	☐	☐	☐	☐	☐	☐	☐
Sleep for 7-9 hours	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

How healthy do you think your skin is looking this week? ☆☆☆☆☆

WEEK 6	Day 38	Day 39	Day 40	Day 41	Day 42	Day 43	Day 44
Drink more water	☐	☐	☐	☐	☐	☐	☐
Adopt a daily skincare routine	☐	☐	☐	☐	☐	☐	☐
Eat a rainbow of fruit & veg	☐	☐	☐	☐	☐	☐	☐
Apply SPF every day	☐	☐	☐	☐	☐	☐	☐
Sleep for 7-9 hours	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

How healthy do you think your skin is looking this week? ☆☆☆☆☆

WEEK 7	Day 45	Day 46	Day 47	Day 48	Day 49	Day 50	Day 51
Drink more water	☐	☐	☐	☐	☐	☐	☐
Adopt a daily skincare routine	☐	☐	☐	☐	☐	☐	☐
Eat a rainbow of fruit & veg	☐	☐	☐	☐	☐	☐	☐
Apply SPF every day	☐	☐	☐	☐	☐	☐	☐
Sleep for 7-9 hours	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

How healthy do you think your skin is looking this week? ☆☆☆☆☆

WEEK 8	Day 52	Day 53	Day 54	Day 55	Day 56	Day 57	Day 58
Drink more water	☐	☐	☐	☐	☐	☐	☐
Adopt a daily skincare routine	☐	☐	☐	☐	☐	☐	☐
Eat a rainbow of fruit & veg	☐	☐	☐	☐	☐	☐	☐
Apply SPF every day	☐	☐	☐	☐	☐	☐	☐
Sleep for 7-9 hours	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

How healthy do you think your skin is looking this week? ☆☆☆☆☆

WEEK 9	Day 59	Day 60
Drink more water	☐	☐
Adopt a daily skincare routine	☐	☐
Eat a rainbow of fruit & veg	☐	☐
Apply SPF every day	☐	☐
Sleep for 7-9 hours	☐	☐
	☐	☐
	☐	☐

How healthy is your skin? ☆☆☆☆☆

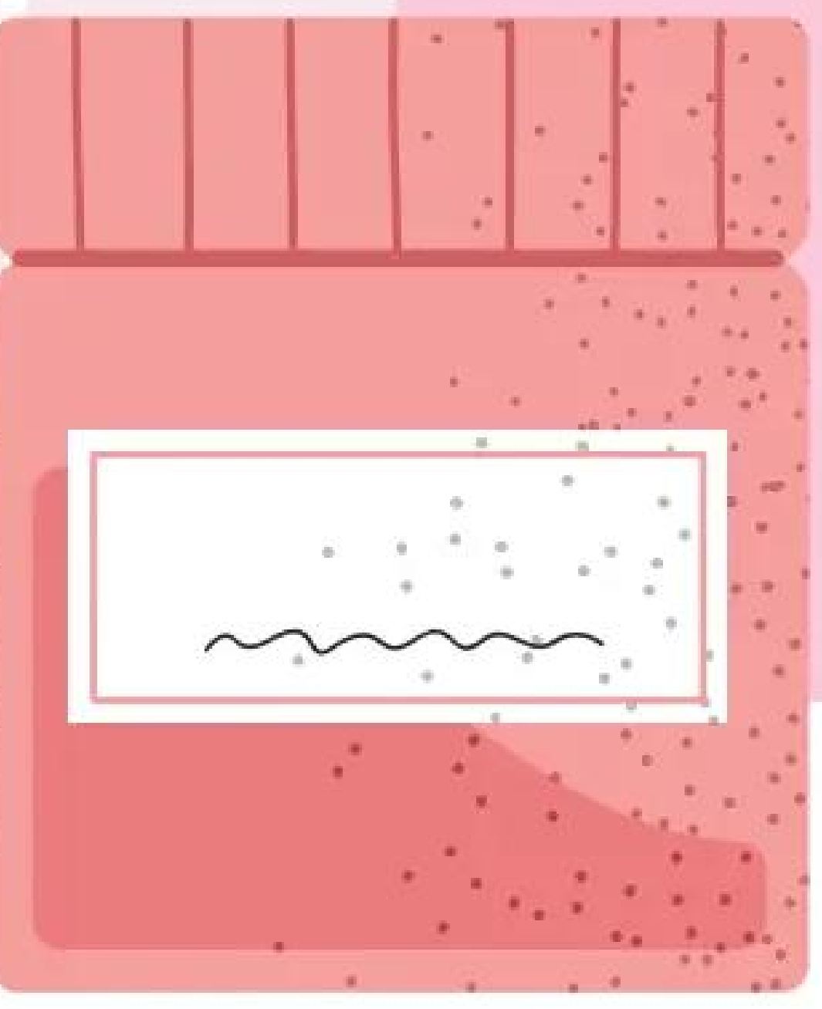
End of month reflection

The habit I think benefits me most is...

The habit I struggle with most is...

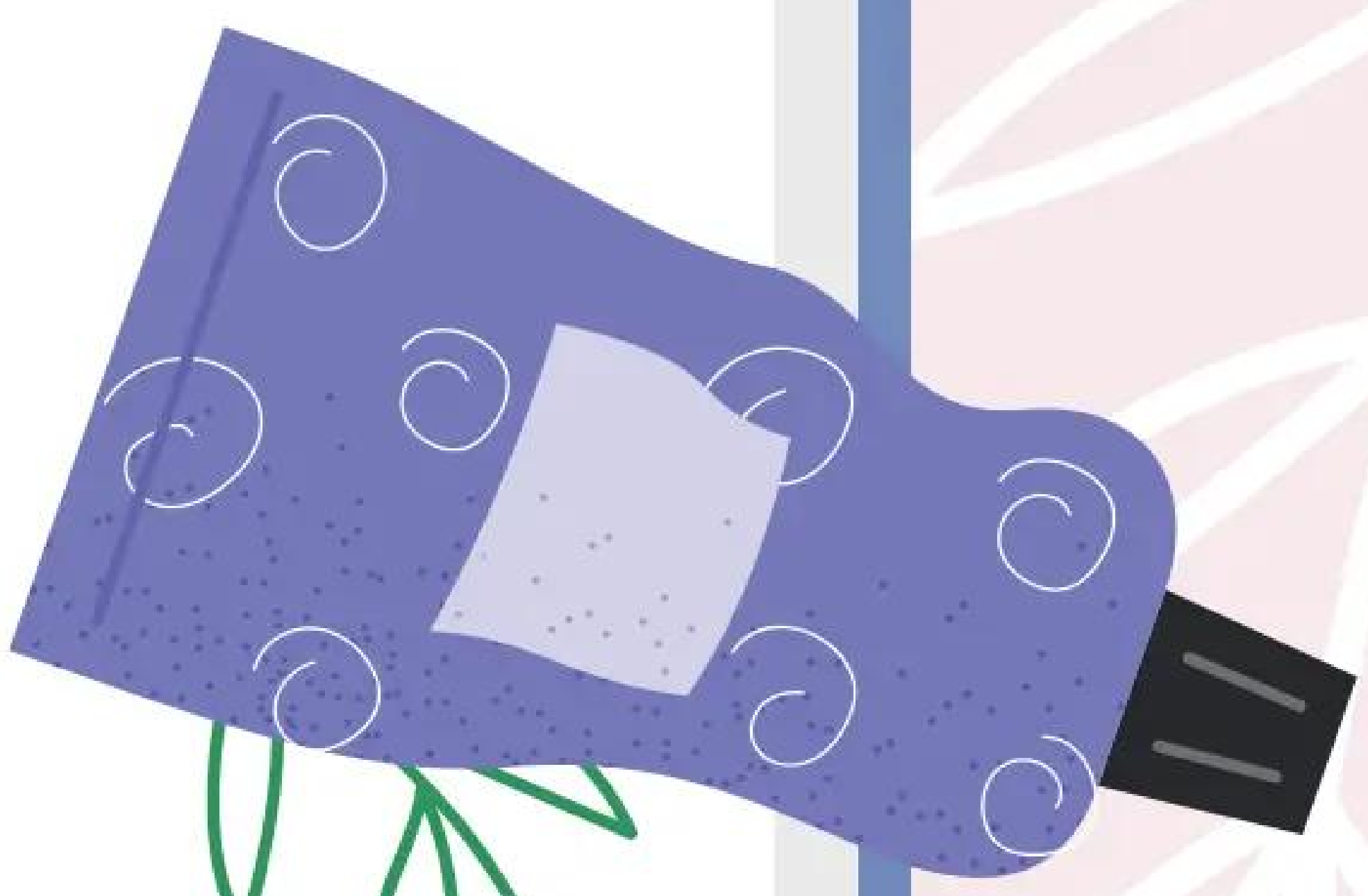
Overall this month my skin has felt...

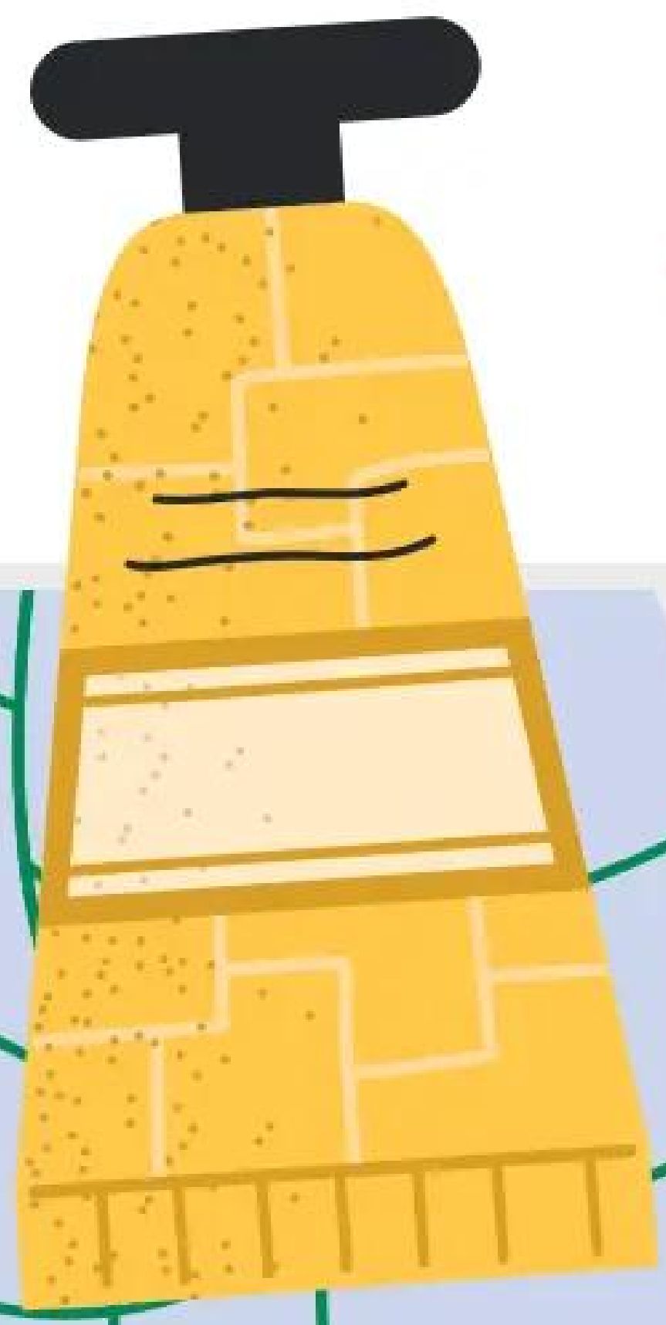
My biggest takeaway from this month is...



My new SKINCARE ROUTINE

As with any good habit, consistency is the key to bedding in a good routine. Keep yourself on track by making a note of your skincare steps over the next few weeks until the routine becomes second nature...





Week 1

Morning *(eg cleanse, tone, moisturise, SPF)*	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Evening *(eg cleanse, tone, serum, eye cream, moisturise)*	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Weekly treats *(eg face masks, exfoliation)*	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 2

Morning *(eg cleanse, tone, moisturise, SPF)*	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Evening *(eg cleanse, tone, serum, eye cream, moisturise)*	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Weekly treats *(eg face masks, exfoliation)*	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 3

Morning *(eg cleanse, tone, moisturise, SPF)*	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Evening *(eg cleanse, tone, serum, eye cream, moisturise)*	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Weekly treats *(eg face masks, exfoliation)*	Mon	Tue	Wed	Thu	Fri	Sat	Sun

STAY UP TO DATE!

30 DAYS TO
Better
SKIN
NEW!
YOUR DAY-BY-DAY GUIDE TO SKINCARE CONFIDENCE
BEAUTIFUL SKIN BACKED BY SCIENCE!
BRIGHTER, HEALTHIER SKIN STARTS HERE!
+ Discover which trends to adopt & avoid
How to adapt with the seasons
Top tips for every age & skin type
What to eat for glowing skin
Natural skincare to make at home

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The science behind the habits

Now you've got 30 new habits to work on, let's dig into the evidence behind their skin-boosting benefits

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Understanding breakouts 100
Seasonal skincare 104
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GLOW from WITHIN

Words: Rob Hobson

As you may have gathered by now, healthy skin isn't just about what you put on it – what you eat plays a big part too...

When it comes to skincare, most of us think about creams, serums and SPF and, while those are essential, what you eat has an equally important role to play in the way your skin looks and feels. Skin is the body's largest organ and, like any other part of you, it reflects what's happening inside. The nutrients you consume, your blood sugar balance, how hydrated you are, and even the state of your gut microbiome, all feed into how your skin ages, repairs itself, and resists environmental damage.

The connection between diet and skin health is complex and, at times, overstated by wellness trends. But there's solid science showing how food influences factors like collagen formation, hydration, inflammation, and oxidative stress, which all show up in your skin.

Healthy fats: feeding your skin from the inside out

Fat has a bad reputation, but the right types are essential for skin health. Your skin barrier is a protective layer that locks in moisture and shields against irritants, and it relies heavily on lipids. If that barrier becomes compromised, then skin is more prone to dryness, redness, and premature ageing.

Omega-3 fatty acids (found in oily fish such as salmon, sardines and mackerel, as well as flax and chia seeds) are particularly important. They help regulate inflammation and maintain skin hydration. Omega-6 fatty acids, found in nuts, seeds and seed oils, are essential for healthy skin cell membranes. In the past, they were thought to drive inflammation, but more recent research shows that's not the case. In fact, higher intakes of omega-6 can lower inflammatory markers, particularly when they replace saturated fats in the diet. The important thing is not to cut out omega-6, but to make sure you are also getting enough omega-3s to fully support skin hydration and reduce inflammation.

Monounsaturated fats from avocados, nuts and olive oil also provide vitamin E, an antioxidant that protects skin cells from oxidative stress. These fats don't just help skin to look plumper and more hydrated; they also support elasticity by preserving collagen.

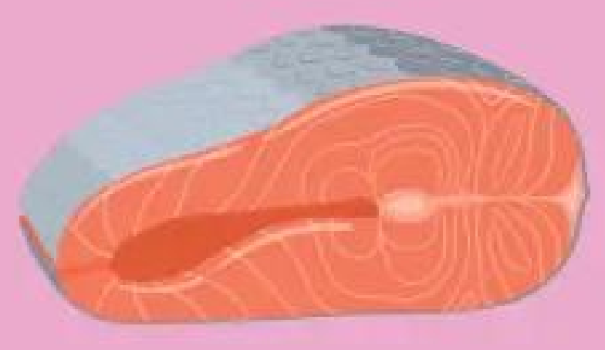
Antioxidants: your skin's defence squad

Every day, your skin is exposed to oxidative stress from UV light, pollution and even stress. This stress produces free radicals, which are unstable molecules that damage skin cells and accelerate ageing. Antioxidants are your natural defence system to this.

Vitamin C is the big player here. It not only neutralises free radicals, but is also crucial for collagen synthesis, the protein that keeps skin firm and youthful. Without enough vitamin C, >

> "Vitamin C is the big player here. It not only neutralises free radicals, but is also crucial for collagen synthesis."

Top 10 GLOW FOODS



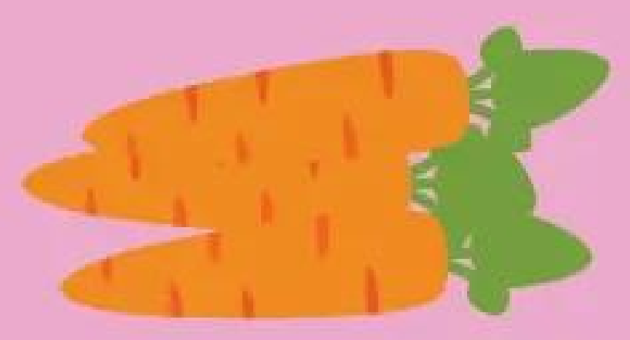
Salmon
Rich in omega-3s, which reduce inflammation and keep skin supple.

Avocado
Packed with monounsaturated fats and vitamin E to nourish and protect.

Blueberries
High in antioxidants that fight oxidative stress and support collagen.

Tomatoes
A key source of lycopene, which may help protect against UV damage.

Walnuts
Provide both omega-3s and zinc, important for skin healing.

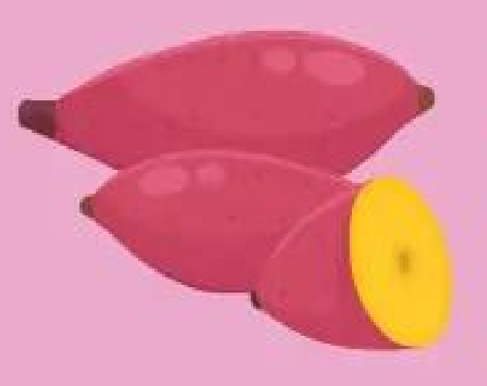


Carrots
Full of beta-carotene, which acts as a natural internal sun shield.

Broccoli
Offers vitamin C, zinc and lutein for skin elasticity and repair.

Green tea
Rich in catechins, compounds linked with reduced redness and improved hydration.

Pumpkin seeds
Contain zinc and vitamin E, vital for skin renewal and barrier function.



Sweet potatoes
A source of beta-carotene and vitamin C, supporting glowing skin tone.

It's easy to add nuts and seeds

A rainbow of fruit and veg helps your skin

> "A healthy, diverse gut microbiome appears to support skin barrier function and reduce inflammatory skin conditions."

collagen production slows, and skin can lose its elasticity. Good sources include citrus fruits, strawberries, kiwi, red peppers and broccoli.

Polyphenols are plant compounds found in berries, green tea, dark chocolate and colourful vegetables. These are also powerful antioxidants and studies have shown that diets rich in polyphenols may protect against photo-ageing (skin damage caused by sunlight).

Carotenoids like beta-carotene (found in carrots, sweet potatoes and leafy greens) act as a natural sun shield by enhancing the skin's defences against UV rays. They won't replace sunscreen, but they add an extra layer of protection.

The gut-skin axis: why your microbiome matters

It's not just what you eat, but how your body processes it. The gut and skin communicate in ways scientists are still uncovering, often referred to as the 'gut-skin axis'.

An imbalance in the gut microbiome (known as dysbiosis) can trigger systemic inflammation, which may show up as acne, rosacea or psoriasis. A healthy, diverse gut microbiome appears to support skin barrier function and reduce inflammatory skin conditions.

Eating plenty of fibre from whole grains, beans, vegetables and fruit helps feed beneficial bacteria. Fermented foods like kefir, sauerkraut, kimchi and miso also introduce live bacteria that support gut health. While research is still ongoing, there is growing evidence that improving gut health can have a visible impact on skin.

Sugar and skin: the glycation connection

Too much added sugar and refined carbohydrate can take its toll on the skin. When blood sugar runs high, sugars attach to proteins such as collagen and elastin in a process called glycation. This leads to the formation of advanced glycation end products (AGEs), which stiffen and weaken these proteins, reducing skin elasticity and accelerating the appearance of fine lines and wrinkles.

High-glycaemic diets, rich in refined carbs like white bread, pastries and sugary drinks, can raise insulin and IGF-1 levels. This hormonal cascade may increase oil production and inflammation in the skin, which research suggests can aggravate acne in some people. While acne has many causes, dietary patterns that keep blood sugar stable appear to support clearer skin.

That doesn't mean you need to avoid carbs altogether. The key is balance: choosing whole grains, pairing carbs with protein and fibre, and keeping sugary foods as occasional treats, helps regulate blood sugar and minimise the glycation burden on your skin.

Alcohol: the hidden skin saboteur

It's no secret that a heavy night of drinking shows on your skin the next morning. Alcohol is a diuretic, which means it dehydrates the body, including your skin. Long-term, regular drinking can cause persistent redness, broken capillaries and dullness. It also depletes some essential nutrients such as vitamin C, zinc and B vitamins, which are needed for skin repair.

Alcohol metabolism also creates compounds called reactive oxygen species (ROS), which contribute to oxidative stress and inflammation. Over time, this will accelerate the appearance of fine lines and the loss of elasticity.

If you enjoy alcohol, the best strategy is moderation, so aim for alcohol-free days each week, and alternate with sparkling water or drinks like kombucha for a skin-friendly option.

Hydration: the simplest beauty hack

Skin hydration starts from within. Even mild dehydration can make fine lines and wrinkles look more prominent and leave skin looking flat. Water is the obvious choice, but don't forget hydrating foods like cucumbers, melon, oranges and soups all add to your intake. Herbal teas can also be a good alternative to plain water.

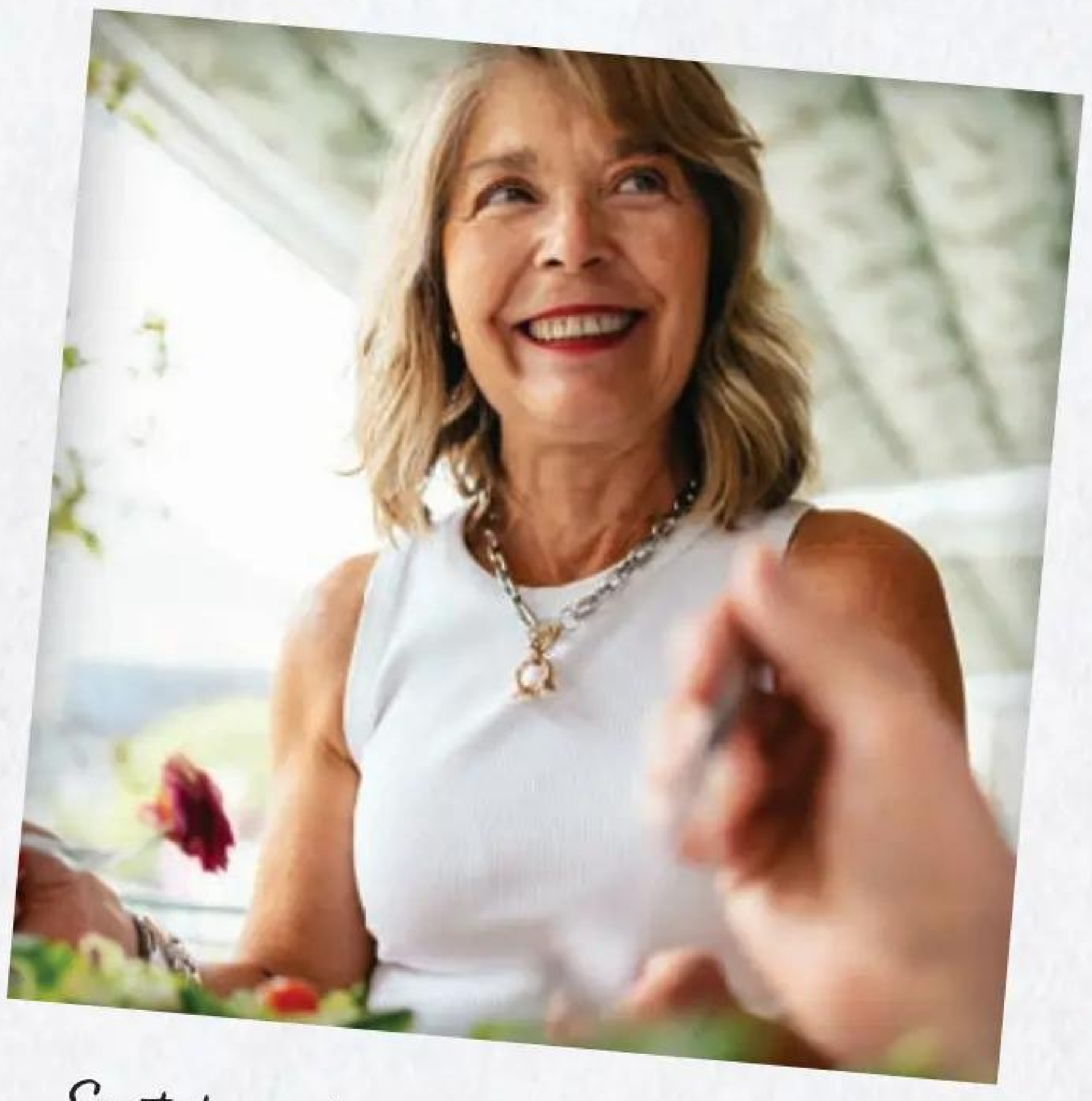
So, what should you eat more of?

A skin-friendly diet looks a lot like a balanced, Mediterranean-style pattern of eating:

- **Plenty of colourful fruit and veg** (antioxidants, carotenoids, vitamin C).
- **Healthy fats from oily fish, nuts, seeds and olive oil** (skin barrier, anti-inflammatory).
- **Whole grains and legumes** (fibre for the gut microbiome).
- **Adequate protein from lean meats, eggs, beans, tofu and fish** (collagen and skin repair).
- **Hydration through water, herbal teas and high-water-content foods.**

And what foods should you cut back on? Sugar, refined carbs and excessive alcohol are at the top of the list. Ultra-processed foods that are often high in both sugar and unhealthy fats don't do your skin any favours either.

Great skin isn't built on quick fixes, but is the result of consistent habits over time. The same foods that keep your heart, gut and brain healthy also help your skin glow. That doesn't mean perfection is require, as a glass of wine, a slice of cake, or a takeaway now and then won't undo all of your good work. But by leaning into whole foods, healthy fats, antioxidants, and a gut-friendly diet, you'll be supporting your skin in the most sustainable way possible. ■



Switching to healthier foods can be fun

Top swaps for HEALTHY SKIN

Sugary snacks → Fresh fruit with yoghurt or a handful of nuts

Helps stabilise blood sugar and provides antioxidants, reducing the glycation burden on skin.

White bread/pasta → Wholegrain versions

Adds fibre for gut health and provides a steadier release of energy, supporting clearer, healthier skin.

Crisps → Roasted chickpeas or air-popped popcorn (try adding cinnamon)

A crunchy snack that delivers fibre and plant protein without the excess saturated fat.

Fizzy sugary drinks → Sparkling water with lemon or kombucha

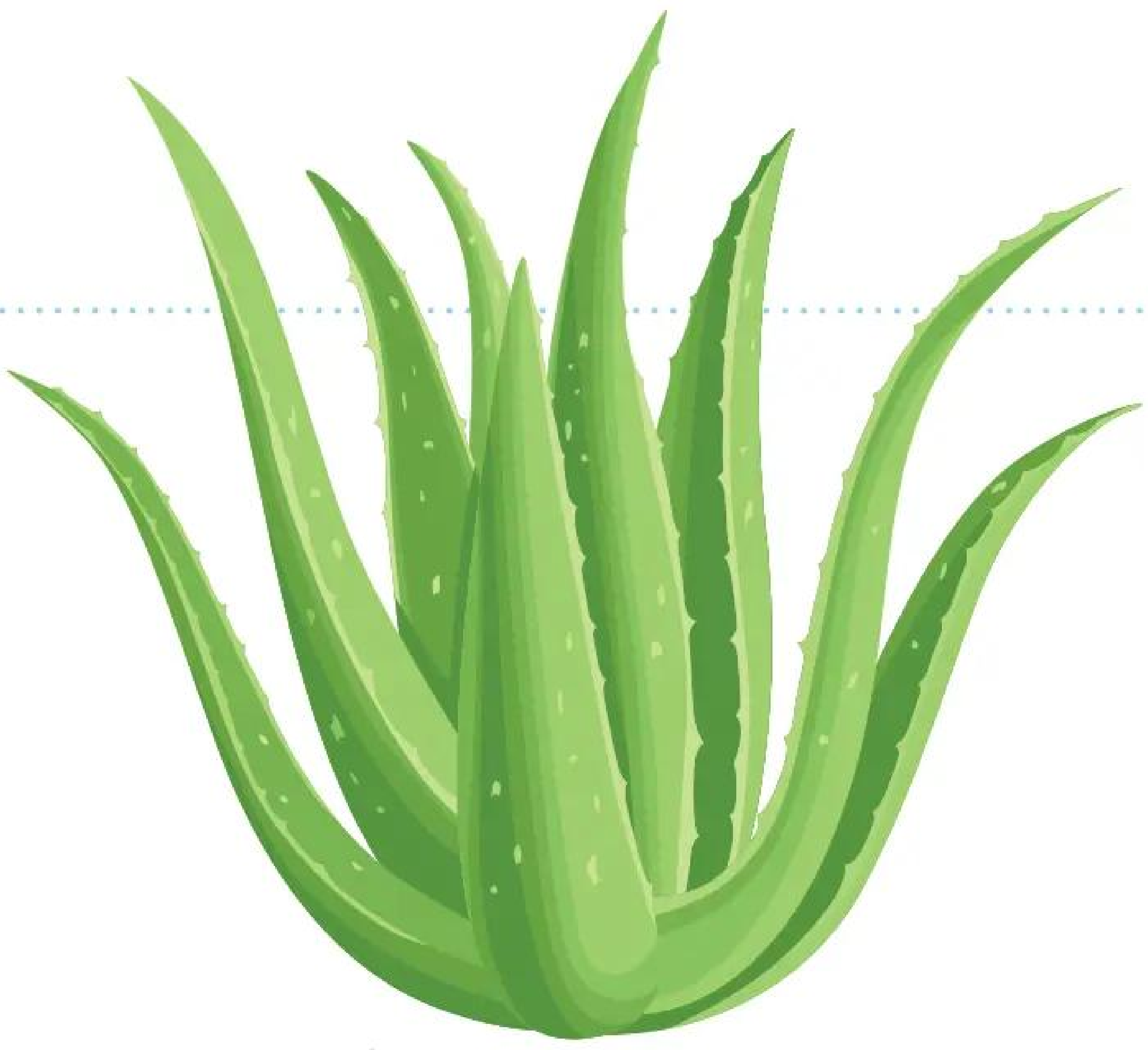
Cuts out refined sugar while adding hydration (and probiotics, in the case of kombucha).

Heavy alcohol intake → Alcohol-free days with mocktails or herbal teas

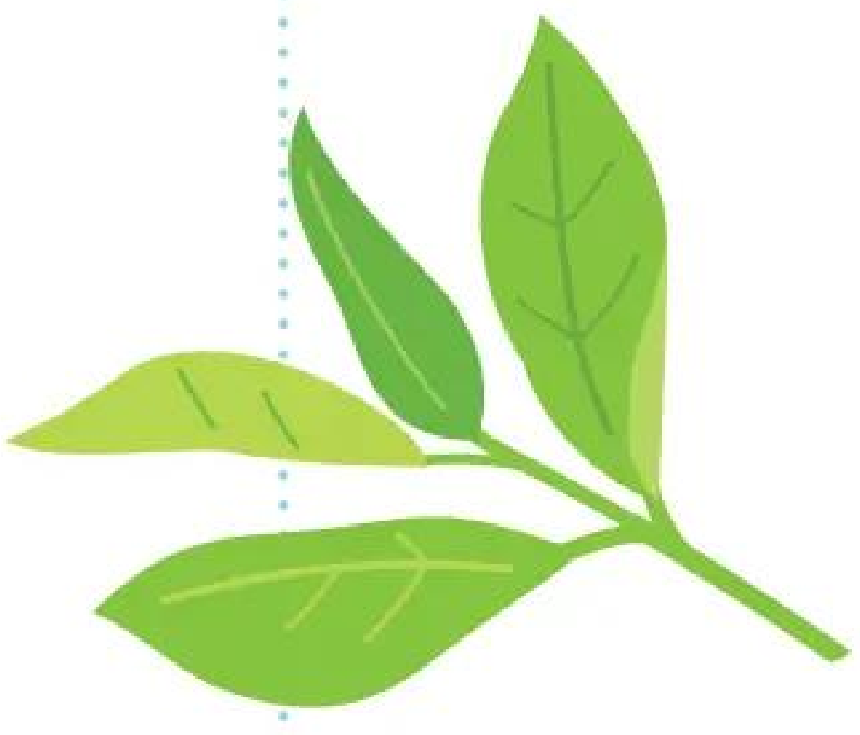
Protects hydration levels and preserves nutrients such as vitamin C for skin repair.

Processed ready meals → Homemade dishes with beans, fish or vegetables

Minimises salt, sugar and low-quality fats while giving your body nutrient-dense fuel for healthy skin.



Nature's HEALING POWERHOUSES



Calendula, aloe vera, chamomile and green tea

Words: Asal Shirazi

Plants have a lot to offer when it comes to skincare. Here we explore four that you should pay particular attention to

When it comes to skincare and wellness, some ingredients never go out of style. They're whispered through ancient traditions, bottled in glossy modern serums, and brewed in our mugs on a cold evening. Among them calendula, aloe vera, chamomile and green tea stand tall as botanical legends. But what makes them so special, and why do they keep showing up in everything from baby balms to anti-ageing creams? Let's take a closer look. >

Calendula

The Golden Healer

With its fiery orange petals, calendula (sometimes called marigold) has long been a symbol of sunshine and renewal. But beyond its beauty, calendula is also a true skin saviour.

Packed with flavonoids and carotenoids, this cheerful bloom helps calm redness and irritation while supporting the skin's natural healing process. Historically, it was used on battlefields for wound care, and today you'll find it in creams for eczema, burns and post-surgery recovery.

Its secret? Calendula stimulates collagen production, encouraging skin to repair itself faster while keeping bacteria at bay. Gentle yet powerful, it's a favourite in baby products and natural balms where soothing matters most.

Aloe Vera

The Plant of Immortality

Few plants are as instantly recognisable as aloe vera, with its spiky green leaves hiding a cool, jelly-like treasure inside. Ancient Egyptians nicknamed it the 'plant of immortality' – and for good reason.

Aloe gel is loaded with hydrating polysaccharides, vitamins A, C and E, plus amino acids and minerals. That translates to skin that feels plump, calm and refreshed. Got a sunburn? Aloe's cooling touch brings almost instant relief. Dry skin? Its natural sugars bind moisture to your skin like a sponge.

But aloe doesn't just soothe; it heals. Its star compound, acemannan, encourages new cells to grow, helping wounds and burns recover more quickly. No wonder it's found in everything from after-sun gels to luxury serums.

Chamomile

Nature's Calming Cup

If there's one herb that embodies calm, it's chamomile. With its daisy-like flowers and delicate scent, it's been used for centuries to settle nerves and soothe the skin.

Chamomile's magic lies in its containing ingredients you may not be familiar with, such as bisabolol, apigenin and chamazulene. These compounds act as natural anti-inflammatories, helping to reduce redness, itching and irritation. Sensitive skin loves chamomile, making it a go-to ingredient in facial mists, baby lotions, and calming creams.

Beyond skincare, a steaming cup of chamomile tea has been the world's bedtime ritual for centuries. It's gentle, comforting and helps the body wind down naturally. Think of chamomile as wellness in its softest, most soothing form, working inside and out.

Green Tea

The Antioxidant Hero

Green tea isn't just a health drink – it's a skincare superstar. Its leaves are rich in polyphenols, especially EGCG (epigallocatechin gallate), one of the most potent antioxidants found in nature.

What does that mean for your skin? Protection against pollution, UV damage and premature ageing. Green tea defends cells from oxidative stress while calming irritation, making it a favourite for acne-prone, oily, or sensitive skin. It also helps regulate sebum (oil) production, keeping shine under control.

And let's not forget the bigger picture: sipping green tea has been linked to better heart health, improved metabolism and sharper focus. It's the ultimate inside-out beauty secret.

Better Together

Individually, these four botanicals impress, but together they create a powerhouse of hydration, protection and soothing care. Imagine a cream that combines aloe's moisture, calendula's healing touch, chamomile's calm, and green tea's antioxidant punch – a complete skincare cocktail straight from nature.

This is why so many modern brands highlight these timeless ingredients in their formulas. They're gentle enough for daily use, but effective enough to rival high-tech synthetics. And for today's consumer who wants results without compromise, that balance is key.

Trends in beauty may come and go, but some ingredients are eternal. Calendula, aloe vera, chamomile and green tea remind us that sometimes the best solutions are rooted in nature. They hydrate, soothe, protect and heal – quietly proving their worth in every balm, serum and teacup they grace.

Next time you scan a product label or brew a comforting herbal tea, keep an eye out for these timeless heroes. They're more than just ingredients; they're part of a global heritage of healing and care – nature's gift to skin and soul alike.

Say NO TO Socks

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Get great skin at any age

Words: Jess Beech

Whether you're in your teens or your 50s, we have the formula for your best complexion yet

It's not just our fashion choices that evolve with age (anyone else regret wearing acid wash denim and low-rise jeans?), but our skin too. Every decade of our lives brings its own joys and challenges, and the same goes for our complexions. This means that a routine that worked for you 20, 10 or even just two years ago might no longer be the right fit. Luckily for you, we've sought the help of aesthetics expert and advanced nurse practitioner, Emma Wedgewood, to help you understand your skin at every age. Notepads at the ready...

Skincare... in your TEENS

WHAT'S GOING ON? Teenage skin is a total lottery. You might be lucky enough to swerve the typical teen breakouts, or you might find that the sudden influx of hormones has triggered the eruption of red, angry spots on your complexion. Emma explains that, "hormonal fluctuation stimulates the sebaceous glands in your skin to produce excess sebum while the skin is developing its natural barrier function." In short, this means that the skin makes more oil than it needs.

WHAT DOES THAT MEAN FOR YOUR SKIN? Skin needs natural oils to help keep things like moisture in and bacteria out, but problems arise when there is too much of it. The oversupply Emma describes can cause "increased shine across the T-zone, congestion, blackheads and inflammatory acne" – none of which are ideal. Teens may also experience post-inflammatory hyperpigmentation, where spots leave a darker patch of skin after healing. This is often more noticeable on darker skin tones and more likely if you pick or squeeze spots.

Your skincare kit

1 Indu Clarifying Gel Cleanser

£14 sephora.co.uk

A gentle cleanser will help wash away excess oil from the surface of your skin without stripping away moisture or disrupting its delicate microbiome.

2 47 Skin BHA Exfoliant

£29 47skin.com

Salicylic acid, a type of beta-hydroxy acid, tackles and prevents breakouts by breaking down the bonds that hold old, potentially pore-clogging cells to the surface of your skin.

3 Bubble Solar Mate Invisible Daily Mineral Sunscreen SPF30

£19 boots.com

Sun exposure will worsen post-inflammatory hyperpigmentation, so daily protection against it is really important.

Skincare... in your 20s

WHAT'S GOING ON?

Let's start with the good news. Your skin is at its absolute prime in your 20s. "The 20s represent peak skin health," says Emma. "You have optimum collagen production and excellent cell turnover." What that doesn't mean, though, is a free pass to sleep in your makeup or make a face wipe the start and end of your skincare routine. "The cumulative effects of lifestyle choices, such as sun exposure, stress and sleep, begin to establish themselves now," Emma warns.

WHAT DOES THAT MEAN FOR YOUR SKIN?

Although you will likely be enjoying gorgeous, glowing skin most of the time, your 20s are the perfect opportunity to get to know your skin and create good habits. The impact of those lifestyle choices will eventually show, and can leave skin pigmented and sallow. Start noting what makes your skin lose its sparkle. Is it puffy after one too many late nights? Dull after a long day at work? Throwing a hormonal hissy fit before your period? The more you understand what makes your skin tick, the better you can look after it in the future.

Your skincare kit

1 No7 Good Intent Glow Grind Cleansing Balm

£12.95 boots.com

An oil-based cleanser is a must for removing makeup, SPF and daily grime. Follow with a water-based cleanser to give your pores a thorough clear-out.

2 e.l.f. Skin Bright Icon Vitamin C + E + Ferulic Serum

£10.99 superdrug.com

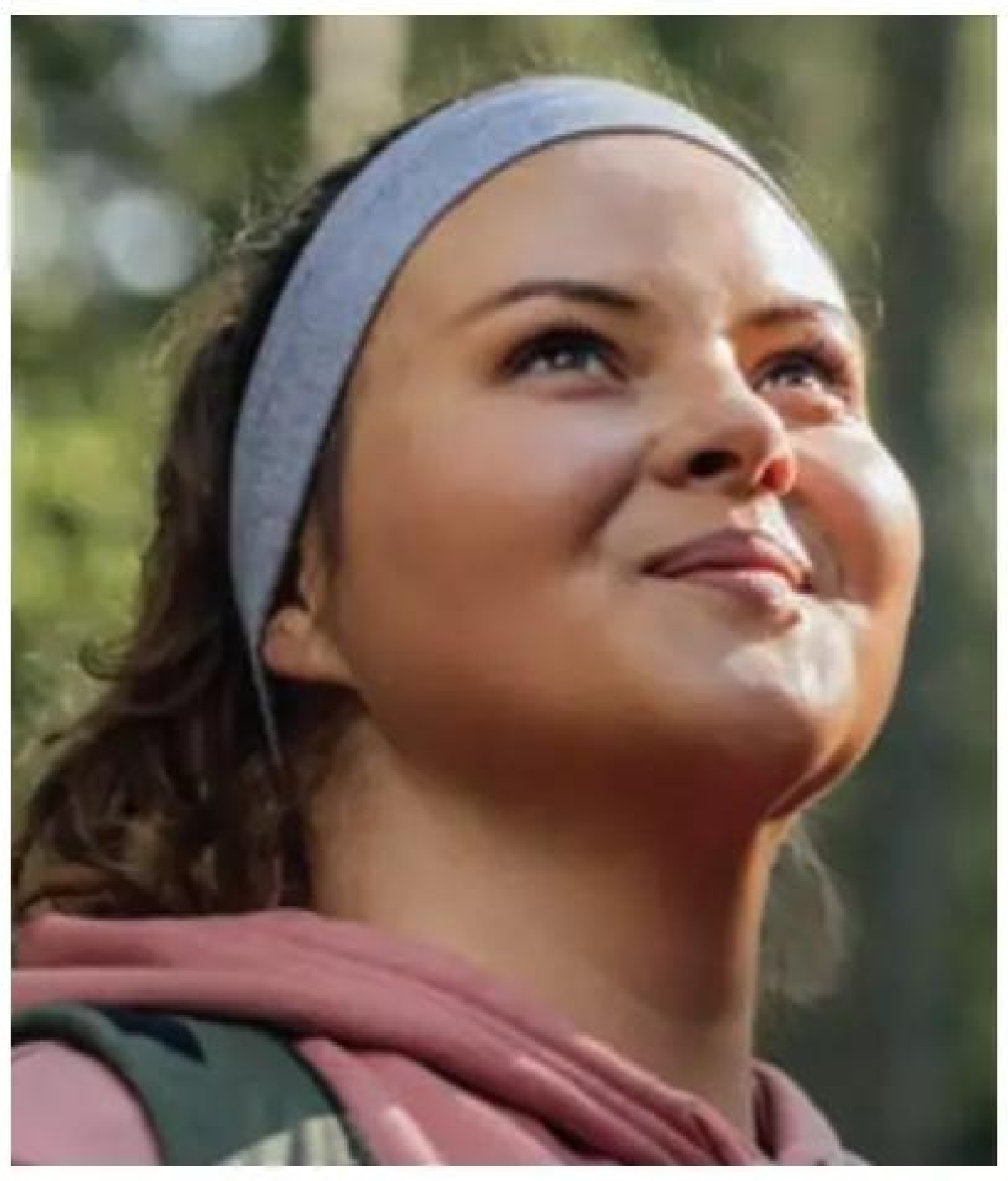
Vitamin C is a potent antioxidant that helps shield skin from the damaging effects of external stressors like pollution and blue light.

3 Necessary Good Protected & Hydrated SPF50

£29 necessarygood.com

UVA rays, the kind responsible for premature ageing, are present all year round and can penetrate through glass and cloud. Get into good habits now – your future self will thank you.

Skincare... in your 30s



● **WHAT'S GOING ON?** A lot happens in your 30s. It's the decade of playing hard, but also working hard, with the potential for major milestones such as promotions, marriage and children (which can bring its own hormone-driven skin concerns). To add insult to injury, with so much else going on, this is the decade when our natural decline in collagen starts to become more prominent. "Collagen production decreases by approximately 1 per cent annually from your mid 20s, and that becomes more noticeable in your 30s," Emma explains. "Cell turnover also slows and natural hyaluronic acid levels decrease, which affects moisture retention."

● **WHAT DOES THAT MEAN FOR YOUR SKIN?** These changes in the make-up of our skin result in "fine lines around the eyes and forehead, skin losing its plumpness and firmness, increased dryness and enlarged pores", says Emma. "Recovery from breakouts also takes longer." If you were a sun-worshipper in your teens and 20s, you're likely to see some darker patches of pigmentation pop up too.

Your skincare kit

1 Facetheory Retinal Supreme Multicreme 0.05%

£39 facetheory.com

Retinoids are a family of ingredients that work to encourage collagen production and reduce sun spots. Just be aware that they are not suitable when pregnant or breastfeeding.

2 Q+A Hyaluronic Acid Face Mist

£6.95 qandaskin.com

A hyaluronic acid mist will help replenish your skin's dwindling stocks, keeping your complexion plump and hydrated.

3 Modern Chemistry Niacinamide/ Ashwagandha Serum

£13 boots.com

Niacinamide is a brilliant multitasking ingredient that helps to calm stressed-out skin and balance oil production, for fewer breakouts.

Skincare... in your 40s

WHAT'S GOING ON? Another decade arrives and another hormonal shift is ready and waiting to alter your skin. This time, in your 40s, it's the all-too-rapid approach of the menopause. Emma advises that "declining oestrogen levels affect skin structure. The rate at which collagen and elastin degrade accelerates while the production of these important proteins slows. The skin becomes thinner, loses volume, and sebaceous gland activity decreases."

WHAT DOES IT MEAN FOR YOUR SKIN? With less scaffolding to support the skin's structure and help it to bounce back, "more pronounced lines and wrinkles develop, especially around the eyes, mouth and forehead. Volume loss becomes evident in the cheeks and temples, while jowls may form across the jawline," says Emma. With less oil to keep it naturally moisturised, "the skin appears drier and will feel potentially more sensitive, with increased pigmentation and enlarged pores."

Your skincare kit

L'ORÉAL
REVITALIFT LASER
TRI-PEPTIDES

1 L'Oréal Paris Revitalift Laser Tri-Peptides Age-Correcting Serum

£32 tesco.com

Peptides act as cheerleaders for your skin's collagen and elastin production, encouraging the skin to make more of these important proteins.

2 Skin + Me Personalised Daily Doser

£29.99 skinandme.com

A prescription-strength retinoid is the gold standard for improving the effects of UV damage and rebooting collagen production.

Skin+Me
Skin+Me
Skin+Me

(MALIN+GOETZ)
mandelic acid exfoliating bar.
5oz.e140g

3 Malin + Goetz Mandelic Acid Exfoliating Bar

£18 johnlewis.com

Mandelic acid, a type of alpha-hydroxy acid, whisks away old skin cells that have outstayed their welcome to soften the appearance of pigmentation and brighten lacklustre skin.

Skincare in your... 50s & beyond

WHAT'S GOING ON? Right, so we've made it through the menopause with flying colours, only to find that our skin is very different on the other side. "Post-menopausal skin experiences significantly reduced oestrogen levels, which profoundly impacts skin thickness, elasticity and moisture," Emma explains. "Collagen production continues declining, skin becomes thinner and more fragile, and fat pads beneath the skin diminish, altering facial contours."

WHAT DOES IT MEAN FOR YOUR SKIN? A continuation of the skin changes you started to experience in your 40s, lines can become more pronounced in your 50s and beyond due to the reduction in collagen. "Significant volume loss also affects the mid-face, temples and lips," adds Emma. "The skin may appear crêpey, especially around the eyes and neck, with more pronounced jowls and severe dryness. Age spots and pigmentation are also common."

Your skincare kit

Oat & Ceramide
BARRIER REPAIR CREAM
Clinically proven to strengthen skin barrier
SENSITIVE SKIN
50 ml 1.69 fl.oz.
MADE IN ENGLAND

1 Neal's Yard Oat & Ceramide Barrier Repair Cream

£38 nealsyardremedies.com

Ceramides act as the mortar between your skin cells, helping to reinforce your skin barrier to keep your complexion healthy.

2 Dermalogica Biolumin-C Heat Aging Protector SPF50

£79 johnlewis.com

As our skin becomes more fragile, it needs all the protection it can get. A broad-spectrum SPF with added antioxidants will shield skin from damage.

dermalogica
biolumin-c heat aging protector

BYOMA
SENSITIVE RETINOL OIL

3 Byoma Sensitive Retinol Oil

£17.99 boots.com

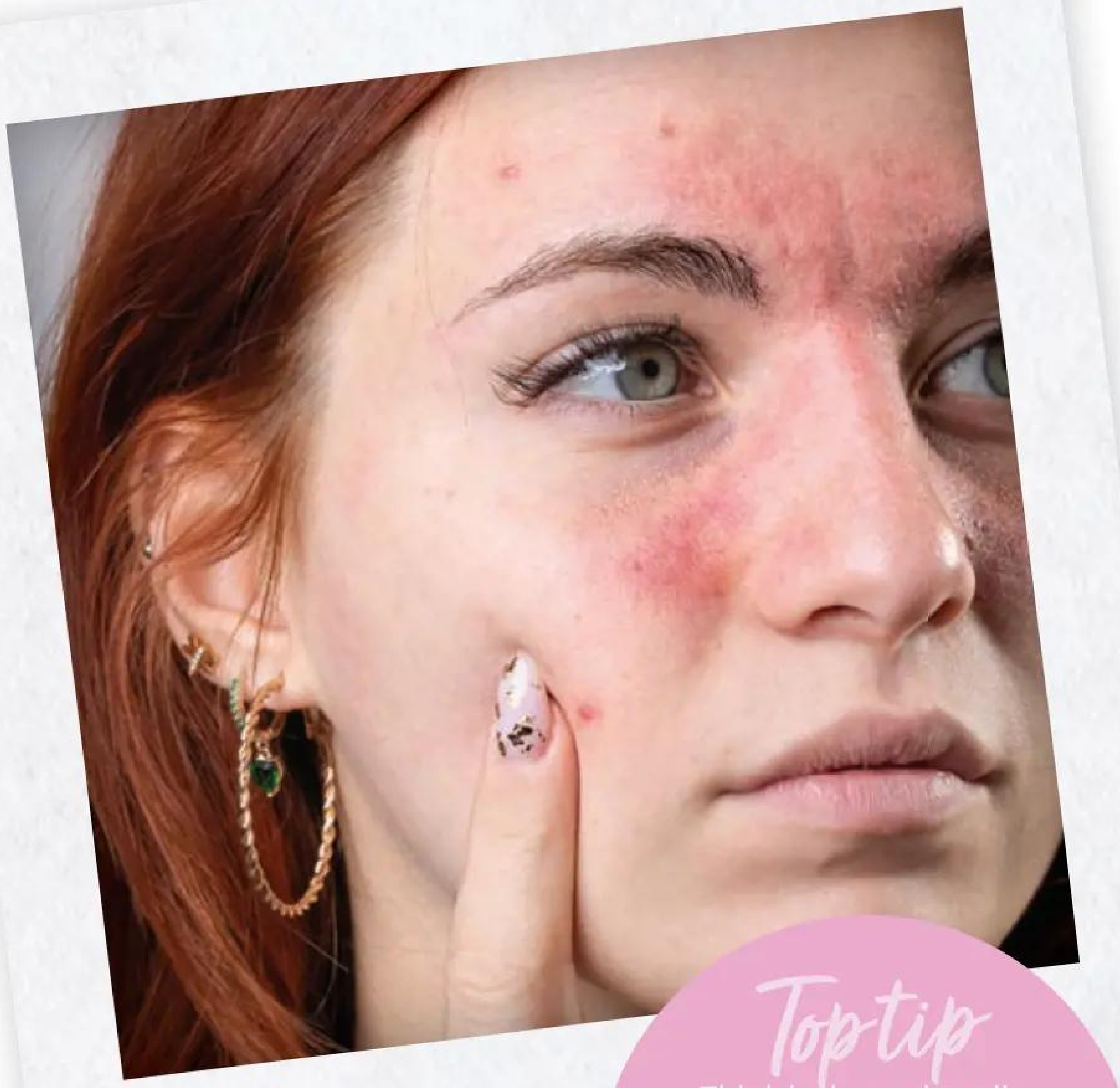
Look for retinoids that are cushioned with nourishing ingredients for all the skin-plumping benefits without the risk of irritating your skin.

Caring for SENSITIVE SKIN

Words: Lynne Henderson

Living with one of the many common skin complaints can be challenging, but here we look at some essential dos and don'ts to help ease everything from acne to psoriasis and eczema...

Many people struggle with skin conditions that can be irritating, painful or affect self-confidence. But knowing what these conditions are, how to recognise them, and how to manage them through thoughtful skincare and lifestyle changes can make a big difference. Here we explore some common skin conditions such as rosacea, eczema, acne, psoriasis, hyperpigmentation and seborrheic dermatitis.



Top tip

Think 'calm and cool' – both in skincare and lifestyle. Keeping skin cool and reducing stress can significantly minimise any flare-ups you may have.

Rosacea

What is rosacea?

Rosacea is a chronic skin condition that mainly affects the face, causing redness, visible blood vessels and sometimes small pus-filled bumps. It's more common in adults and can flare up in cycles, with periods of remission and recurrence.

How do I know if I've got it?

You may notice persistent redness on the cheeks, nose, chin or forehead. Some people experience a stinging or burning sensation, visible veins, or thickened skin around the nose.

Common triggers can include

- Sun exposure
- Hot drinks and spicy foods
- Alcohol (especially red wine)
- Extreme temperatures
- Stress

Skincare dos

- Use a gentle, fragrance-free cleanser
- Apply daily sunscreen (SPF 30 or higher)
- Choose soothing ingredients like niacinamide or azelaic acid
- Keep a skincare diary to identify personal triggers

Skincare don'ts

- Avoid harsh scrubs and exfoliants
- Avoid alcohol-based toners
- Don't overheat skin with steaming hot showers

Eczema

What is eczema?

Eczema, or atopic dermatitis, is a condition that makes skin itchy, dry and inflamed. It's often linked with allergies and tends to run in families.

How do I know if I've got it?

Common signs include dry, scaly patches that may appear on the hands, elbows, behind the knees, or face. The skin can feel intensely itchy, and scratching may cause redness and bleeding.

Common triggers can include:

- Dry air or cold weather
- Harsh soaps and detergents
- Stress
- Allergens like pollen, dust or pet dander
- Certain fabrics, such as wool

Skincare dos

- Moisturise frequently with fragrance-free creams/ointments
- Use non-bio soap powders
- Use lukewarm water for showers and baths
- Apply moisturiser immediately after bathing to lock in hydration
- Consider a humidifier if indoor air is dry

Skincare don'ts

- Avoid long, hot baths that strip natural oils
- Don't use heavily fragranced lotions or bubble baths
- Resist scratching, as it worsens irritation

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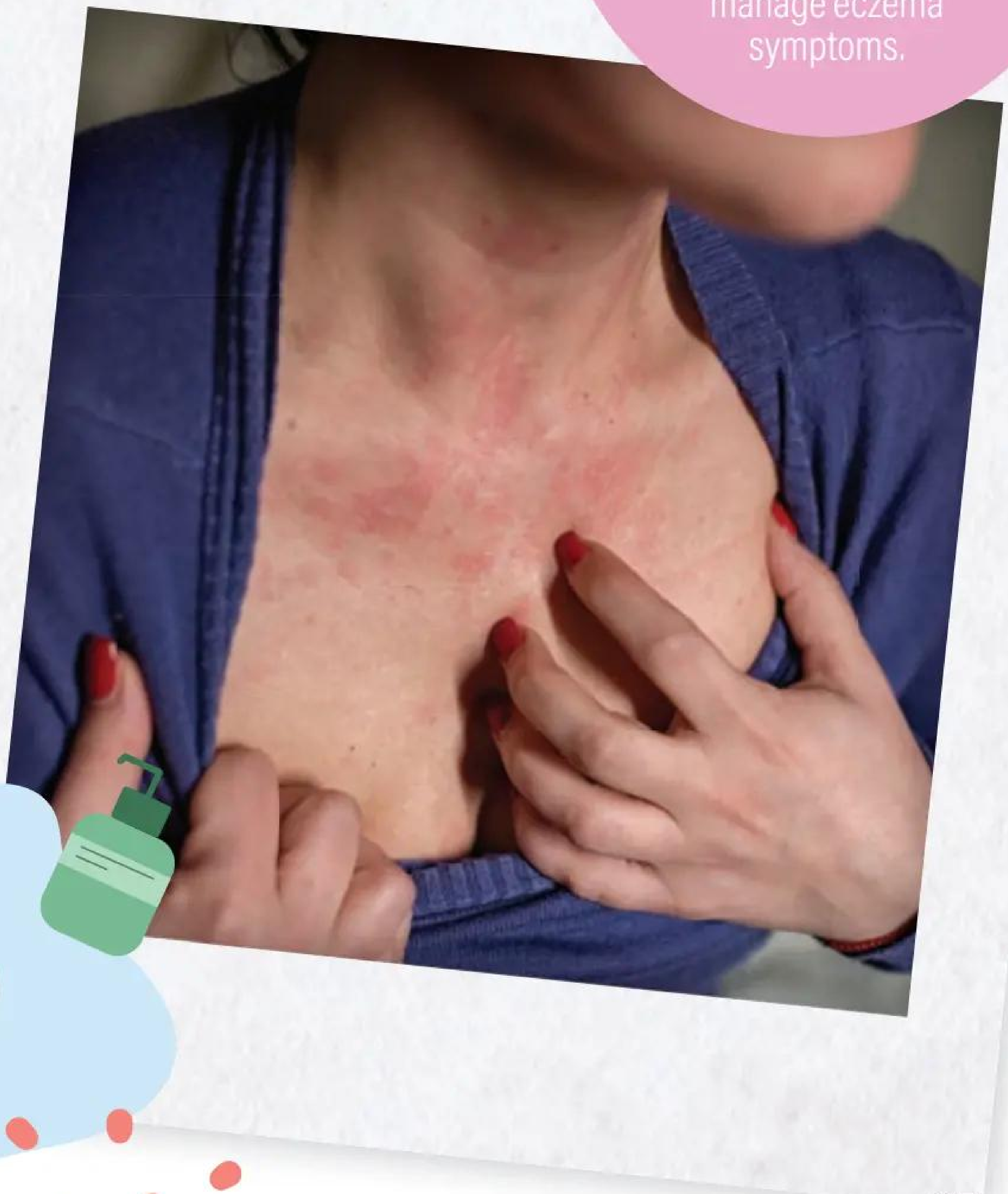
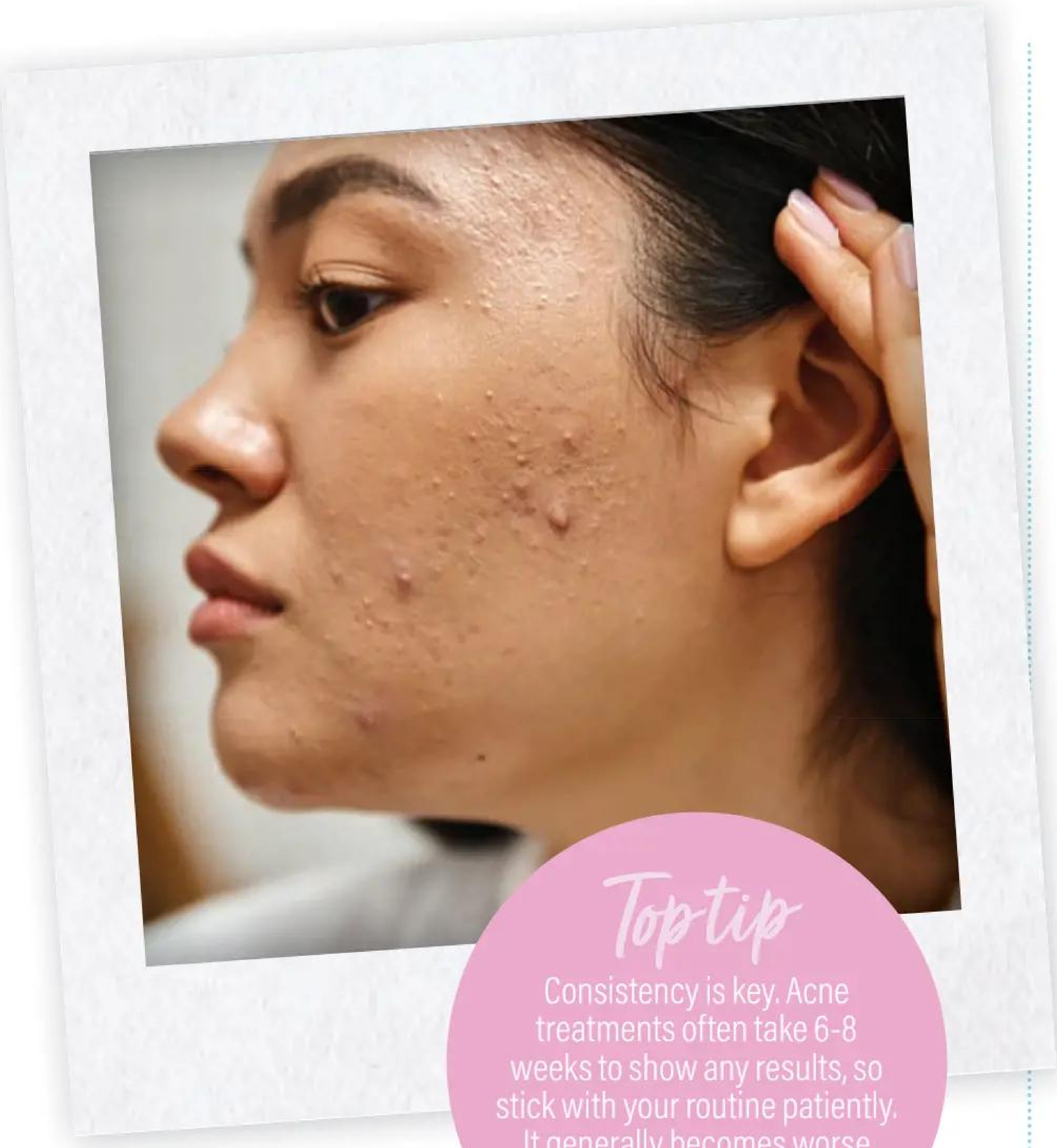
Top tip

Gently get rid of the dead skin and then moisturise, moisturise, moisturise. Consistent hydration is the most effective way to manage eczema symptoms.





Top tip

Consistency is key. Acne treatments often take 6-8 weeks to show any results, so stick with your routine patiently. It generally becomes worse before getting better, so be mindful of that too.

Acne

What is acne?

Acne is a skin condition where hair follicles become clogged with oil, dead skin cells and sometimes bacteria. It commonly appears as blackheads, whiteheads, pimples or cysts, and is especially common during adolescence, but it can also persist into adulthood.

How do I know if I've got it?

If you have persistent breakouts, particularly on the face, chest, back or shoulders, you may have acne. Severe forms can cause painful nodules and cysts.

Common triggers can include:

- Hormonal changes (puberty, menstrual cycles, pregnancy)
- Oily or heavy skincare products
- Stress
- Diets high in sugar and dairy
- Picking or touching the skin

Skincare dos

- Cleanse twice daily with a gentle, non-comedogenic cleanser
- Use ingredients like salicylic acid, benzoyl peroxide, or retinoids
- Moisturise even if your skin feels oily (choose oil-free products)
- Change pillowcases and towels regularly

Skincare don'ts

- Don't over-wash or scrub aggressively
- Avoid pore-clogging makeup or skincare
- Never pop or pick at spots – it increases scarring risk

Psoriasis

What is psoriasis?

Psoriasis is an autoimmune condition that causes skin cells to multiply rapidly, leading to thick, scaly patches. It's not contagious and often appears on the scalp, elbows, knees or lower back.

How do I know if I've got it?

Look for raised, red patches covered with silvery-white scales. They may be itchy, sore or crack and bleed. Some people also experience nail changes or joint pain known as psoriatic arthritis.

Common triggers can include:

- Stress
- Cold weather
- Skin injuries (cuts, scrapes, or sunburn)
- Certain medications
- Infections

Skincare dos

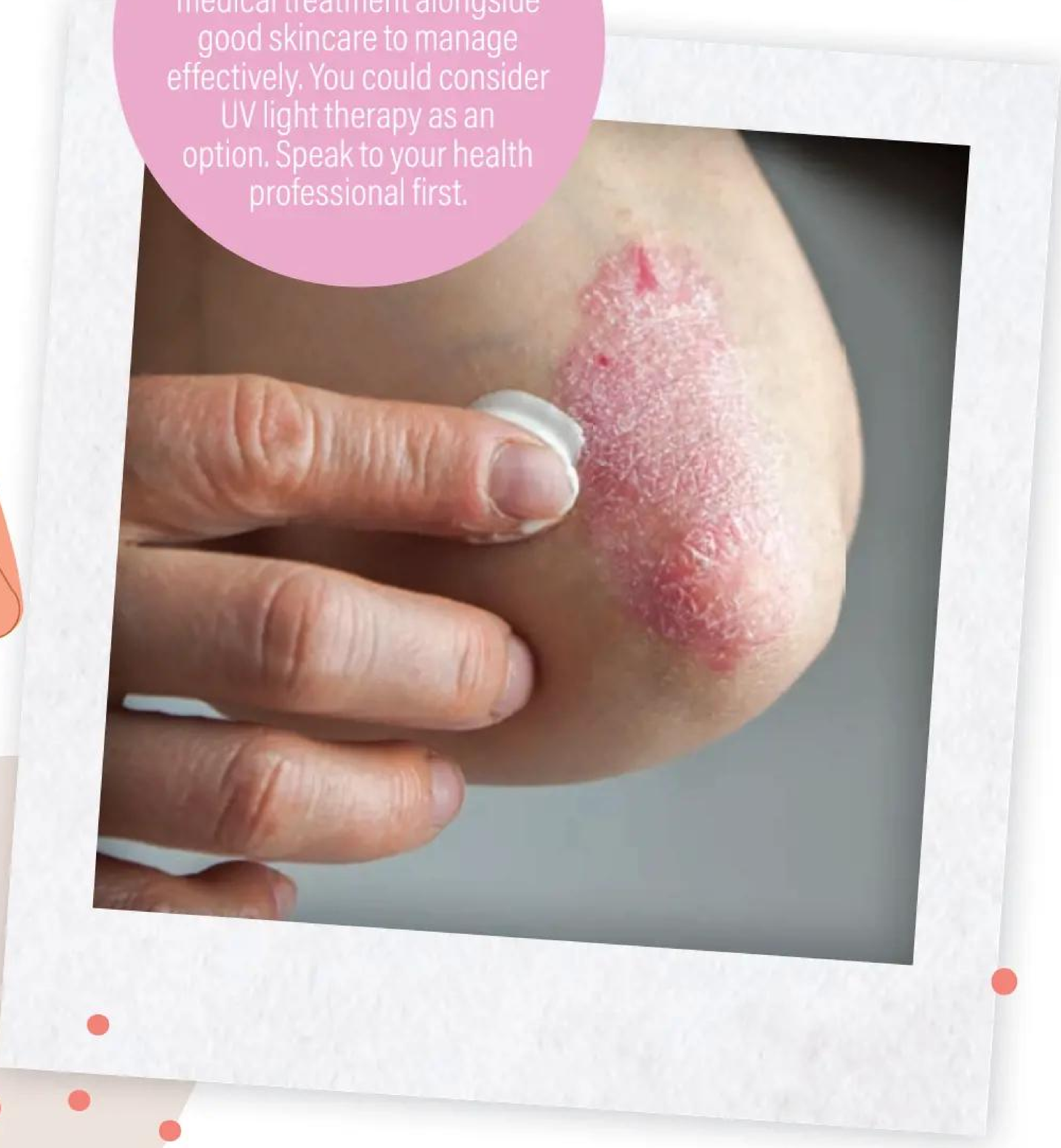
- Keep skin hydrated with thick creams or ointments
- Try using products with salicylic acid or topical steroids
- Take short, lukewarm showers

Skincare don'ts

- Avoid harsh soaps and alcohol-based products
- Don't pick at scales – it can worsen flare-ups
- Limit alcohol, which may aggravate symptoms

Top tip

Psoriasis often requires medical treatment alongside good skincare to manage effectively. You could consider UV light therapy as an option. Speak to your health professional first.



Top tip

Think prevention first. Consistent sun protection is the most powerful tool for reducing and preventing dark spots. Ensure you use SPF that protects you from UVA and UVB.

Hyperpigmentation

What is hyperpigmentation?
Hyperpigmentation is when patches of skin become darker than the surrounding area due to excess melanin production. It can be caused by sun damage, hormonal changes, acne scars, or inflammation.

How do I know if I've got it?
You may notice dark spots, freckles or uneven skin tone, particularly on sun-exposed areas such as the face, hands and shoulders.

Common triggers can include:

- UV exposure
- Hormonal changes (such as pregnancy, birth control pills)
- Acne or skin injuries
- Certain medications

Skincare dos

- Wear SPF every day, rain or shine
- Use brightening ingredients like vitamin C, niacinamide, or liquorice extract
- Consider retinoids for cell turnover
- Consider professional treatments like chemical peels or laser therapy

Skincare don'ts

- Don't skip SPF – it undoes all progress
- Avoid picking at blemishes (it worsens pigmentation)
- Steer clear of harsh DIY remedies that can irritate skin

Seborrheic dermatitis

What is seborrheic dermatitis?
Seborrheic dermatitis is a common condition that causes red, flaky, greasy patches of skin. It's often seen on the scalp (as dandruff), but can also affect the face, chest and behind the ears.

How do I know if I've got it?
You may notice yellowish, greasy flakes, redness, and mild itching. On the scalp, it looks like stubborn dandruff; on the face, it may appear around the nose, eyebrows, or hairline.

Common triggers can include:

- Stress
- Cold, dry weather
- Oily skin or build-up of yeast on the skin
- Harsh hair or skincare products

Skincare dos

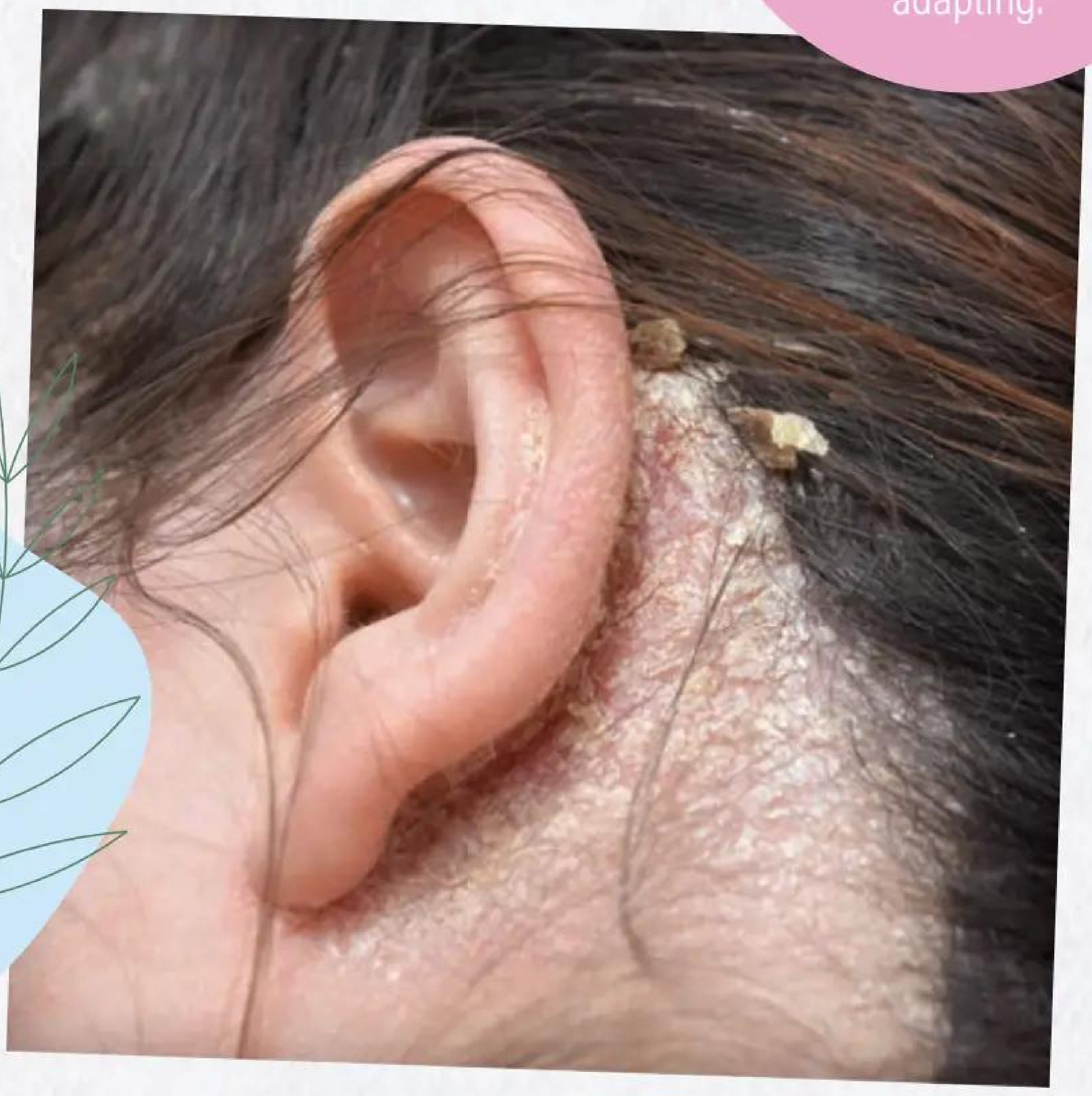
- Wash with gentle, non-irritating cleansers
- Use shampoos that are SLS and SES free
- Keep skin moisturised with lightweight creams
- Manage stress levels in order to prevent flare-ups

Skincare don'ts

- Don't overuse harsh anti-dandruff products on sensitive facial skin
- Avoid heavy oils that can worsen greasiness
- Don't scratch, as it can lead to infection

Top tip

Switch between different medicated shampoos if one loses effectiveness – this helps prevent yeast from adapting.



Understanding BREAKOUTS

Words: Lauren Hughes

Feeling frustrated that you didn't leave your breakouts behind with your teenage years? Help is at hand...

As a Facialist, something I hear from women every day at my Facial Studio is "I am too old to still be experiencing breakouts." This can be very tough to deal with mentally – I have been there – but please know that it is actually much more common than people think and it is very treatable.

We all remember the boys having an explosion of acne as puberty hit back when we were at school, but

>

> "Hormones play a huge role in acne formation and for women, hormones are changing day to day."

> “There is a misconception that only people with oily skin experience acne or breakouts.”

we don’t often see adult men with breakouts – this is because their hormones tend to settle and not fluctuate. Hormones play a huge role in acne formation and for women, hormones are changing day to day and also throughout our 20s, 30s and 40s due to hormonal contraception, stress, diet, peri-menopause and hormonal conditions such as PCOS.

The science of breakouts

Breakouts fall into two categories – ‘inflammatory’ and ‘non-inflammatory’. ‘Inflammatory’ breakouts are the angry cysts, red papules, deep painful nodules and inflamed whitehead pustules. ‘Non-inflammatory’ acne includes blackheads and small painless whiteheads. If you experience any of these on a recurring basis, such as cysts and pustules every month around your period, then that would be considered acne. If you only experience spots occasionally, perhaps some whiteheads crop up a couple of times a year or you get the occasional big angry cystic spot, then it would be classed as a breakout and is usually the result of an isolated trigger, such as going through something very stressful or a diet change, such as excess sugar. I will breakout if I eat sweets, without fail!

Blackheads (open comedones) and whiteheads (closed comedones) happen when skin cells become stuck in the lining of the pore along with too much sebum or a skincare product that is too heavy. The excess sebum, along with the trapped skin cells, mix to form a solid plug and if the plug oxidises with the air it then forms a blackhead. If the plug stays closed then it forms a small painless whitehead.

Stat

You are very much not alone if you suffer an acne breakout, as figures suggest about 95 per cent of people aged 11-30 in the UK have suffered from it.

These types of breakouts don’t have the inflammation component and so are usually much easier to treat.

There is a misconception that only people with oily skin experience acne or breakouts and, while they are much more likely to experience blackheads and whiteheads because their skin is producing too much sebum, any skin type can experience breakouts.

Even in someone who has normal skin or skin that leans on the dry side, if there is a surge in certain hormones during the menstrual cycle, the sebaceous glands will then produce more sebum than usual, which in turn activates P. acnes bacteria in the pores, resulting in inflamed and pus-filled spots. These hormonal breakouts tend to occur on the chin and along the jaw and often happen around the ovulation

and/or period stage of the monthly cycle, but if there is a stress component or a condition such as PCOS, it can be more sporadic.

Skincare recommendations

Two key steps in a skincare routine can make a huge difference when it comes to both 'inflammatory' and 'non-inflammatory' acne. First of all, as outlined earlier, one of the reasons that breakouts and acne happen is because some skin cells become trapped in the pores and this happens because of a sluggish cell turnover rate. Using a retinoid serum in the evening can help to speed up your cell turnover, so that the cells don't get trapped. Just start slow and build up the nights using the retinoid over time, so that the skin doesn't get irritated. There can be an initial 'purge' phase, where the retinol is pushing the congestion up to the surface – but don't panic! This congestion would have surfaced eventually anyway and when you continue with the retinoid, the congestion will reduce over time.

Too much sebum is one of the key components of acne and breakouts, so using a skincare product that aids in clearing out the excess is very helpful. Skincare products aimed at acne often contain salicylic acid or benzoyl peroxide, but these can be very harsh and should only be used when the skin is truly oily. I prefer mandelic acid for most people, as it is more gentle than salicylic acid, but still effective at helping to clear out the pores of the excess sebum.

It can be very tempting to use harsh scrubs, lotions and potions in an attempt to blitz breakouts, but one of the most important factors in helping prevent them is actually keeping the skin barrier as hydrated as possible. The skin's cell turnover happens optimally when the skin barrier is happy and hydrated, so as tempting as it is to go for the aggressive foaming cleansers and alcohol-based toners, it is far better to use gentle, hydrating cleansers and moisturisers that include ingredients such as ceramides and hyaluronic acid. This will make sure that the skin barrier is happy and able to tolerate the helpful active ingredients, such as retinol and mandelic acid.

If someone is acne-prone, I tend to recommend they avoid skincare products that contain heavier pore-clogging ingredients, such as essential oils, coconut oil, avocado oil, cocoa butter and shea butter. These are often too heavy for the skin and block the pores – lightweight serums and moisturisers are the way to go.

> "It is very important to be aware of keeping bacteria away from your skin as much as possible."

Lifestyle factors

Bacteria plays a huge role in acne and breakouts as it multiplies in the blocked follicle and leads to more inflammation. It is very important to be aware of keeping bacteria away from your skin as much as possible to help keep your skin clear.

Makeup brushes can be one of the main contributors, so it is very important to wash them regularly and try to keep them in a cup on your dressing table rather than in a dirty makeup bag!

Try as much as possible not to touch the face and anti-bac anything that is touched a lot, such as laptop keyboards and phones. Wash pillow cases at least once a week and try and sleep with hair away from the face in a loose bun. You can also use hypochlorous acid, an anti-bacterial solution, on a cotton pad as a toner after cleansing.

Diet and gut health are also essential when it comes to skin health as they both impact hormones and inflammation in the body. This is a vast and complicated topic, but a key factor that helps with acne and breakouts is trying to avoid cortisol and blood sugar spikes, especially first thing in the morning. One way to do this is to have a mindful, low-sugar, high-protein breakfast and never have coffee on an empty stomach first thing. Taking probiotics can help keep your gut happy and having a bowel movement at least once a day is crucial, so make sure you are eating plenty of fibre. Some of my favourite skin foods are raspberries, chia seeds, avocados, oats and almonds.

Acne and breakouts are tough to deal with, but if you take it slowly with implementing the necessary skincare and lifestyle changes, then things will gradually improve over time, I promise you!

Seasonal Skincare

How to Adapt Your Routine Through the Year

Words: Dr Kiran Juneja

Changing seasons provide our skin with different challenges, so here are some basic tips on what to think about each time the weather shifts

Our skin is a living organ that constantly adapts to its environment. Shifts in temperature, humidity, UV exposure and even pollen levels affect how it looks and feels. Hot summer days can trigger oil production and breakouts, while icy winter winds strip away moisture and leave skin dry or inflamed. Central heating, air conditioning and lifestyle habits only add to the seasonal stress.

This is why many people notice their skin behaving differently throughout the year – tightness in winter, dullness in spring, oiliness in summer, or sensitivity in autumn. While these changes are natural, they don't have to leave your complexion compromised. By adjusting your skincare routine each season you can keep your skin balanced, comfortable and glowing all year round.

Spring

Reset and Rejuvenate

AFTER THE LONG WINTER, skin often feels dull, dry and congested from months of using heavier creams. For some, seasonal pollen can add irritation and redness too. Those with dry or sensitive skin may notice more flare-ups, while oily skin types often find their complexion looks lacklustre after the colder months. Spring is an ideal time to reawaken the skin. Lighter hydrators, such as hyaluronic acid serums, restore moisture without heaviness, while gentle exfoliants, such as lactic or mandelic acid, lift away dead cells to brighten the complexion. Ingredients such as niacinamide calm redness and strengthen the barrier, while a broad-spectrum sunscreen is non-negotiable as daylight hours lengthen. This season is all about refreshing and resetting – trading rich creams for lighter textures, introducing mild exfoliation, soothing sensitivity and recommitting to daily SPF.

Summer

Protect and Purify

THE SUMMER MONTHS bring challenges of their own. Increased heat, humidity and sweat combine with stronger UV rays to put skin under stress. Many people experience clogged pores, shine, sunburn or pigmentation, with oily and acne-prone types often suffering the most congestion, and fair skin being vulnerable to sun damage. Adapting your skincare routine for summer means focusing on protection and purification. Gel or foaming cleansers keep the skin feeling fresh without stripping, while antioxidants, such as vitamin C or resveratrol, add an extra layer of defence against UV damage. Oil-free serums provide hydration without weight, and a broad-spectrum SPF 50 is essential – reapplied regularly throughout the day when outdoors. Clay masks or targeted treatments with salicylic acid can also help to prevent and control summer breakouts.

Autumn

Repair and Reinforce

AS THE WARMTH OF SUMMER FADES, autumn often leaves skin feeling tight, dry and more sensitive. This is also the time when damage from the sun – pigmentation, uneven tone and dullness – starts to become more noticeable. Mature skin and those prone to pigmentation tend to find this period particularly challenging, while sensitive types may react to cooler, changeable weather. To bring balance back, focus on repair and reinforcement. Cream-based cleansers and moisturisers with ceramides restore strength to the barrier, while brightening ingredients, such as retinol, azelaic acid or tranexamic acid, help target post-summer pigmentation. Hydration should be layered by combining serums with richer creams to shield against cooler, drier air, and sunscreen remains vital even on overcast days. Autumn is the perfect time to introduce retinol slowly, building tolerance as the skin adjusts, and to ensure your routine supports both resilience and renewal.

Winter

Nourish and Defend

WINTER MAY BE THE TOUGHEST SEASON FOR SKIN. Cold air, indoor heating and low humidity strip away natural oils, leaving the complexion dry, tight and often irritated. Redness, itching and flakiness are common, and those with dry, sensitive or mature skin are the most affected. Conditions such as eczema or rosacea may flare more easily, while even resilient skin can feel rough or uncomfortable. Winter priority is nourishment and defence. Rich emollients containing shea butter or squalane lock in needed hydration, while ceramides and panthenol help strengthen and rebuild the skin's barrier. Cream or balm cleansers protect natural oils, and thicker creams or overnight masks provide intensive care. Lifestyle changes also make a big difference: moisturising straight after cleansing to trap moisture, a bedside humidifier to counteract dry central heating, and protecting yourself with scarves and gloves when outdoors. Even in winter, daily SPF remains a must, as UV rays continue to reach through clouds.

all year round

Essentials

WHILE IT IS IMPORTANT TO FINE-TUNE your skincare through the seasons, there are certain rules that never change. Cleansing twice daily is essential for removing oil, pollutants and makeup. Sunscreen should be worn every single day, regardless of the weather. Above all, consistency is key: radiant skin comes from a steady, well-structured routine rather than constant changes. Investing in medical-grade formulations ensures you're supporting your skin with ingredients that deliver results beyond surface-level hydration.

By listening to your skin and adapting to the seasons, you'll give your complexion the best possible chance to stay balanced, healthy and glowing all year round.

Skincare trends

Adopt or avoid?

Words: Lucy Thorpe

Not sure whether you should be investing in ceramides or trying to achieve glass skin, and what about LED masks? Find out which trends are worth trying, and which to let pass you by

Skincare can feel complicated to navigate right now. There's a lot of information out there, and the trends cycle seems to move more quickly than ever, making it hard to work out what's good for your skin and what has gone viral for all of the wrong reasons.

From new ingredients and tech tools to K-beauty routines and glass skin, it can be overwhelming to decide what to try and what to skip. Let's take a closer look at some of the skincare advice that's trending and break down whether it's worth adopting, or best avoided.

Skin barrier

"Strengthening your skin barrier helps prevent irritation, locks in moisture and boosts the effectiveness of other products."

☑ ADOPT Skin barrier health and microbiome-friendly skincare

One of the biggest shifts in skincare recently is the focus on the skin barrier and microbiome. Rather than chasing quick fixes that strip the skin, it's about keeping the skin in balance and supporting its natural protective layer.

Think of your skin barrier as your skin's own personal shield. It keeps moisture locked in and keeps irritants, pollution and bacteria out. Then there's the microbiome, which is like the tiny community of helpful bacteria and other micro-organisms that live on your skin. When your barrier is strong and your microbiome is happy, your skin stays calm, hydrated and strong.

Strengthening your skin barrier helps prevent irritation, locks in moisture and boosts the effectiveness of other products. It's especially important when using actives like retinoids or exfoliating acids, which can compromise your skin barrier if they're used too often.

Adopting barrier-friendly routines doesn't mean adding

dozens of new products. Often it's about choosing gentle, nourishing formulas and being consistent with hydration. Ingredients like ceramides, niacinamide and gentle probiotics help keep skin protected, hydrated and balanced.

☑ ADOPT Skinimalism

As well as having the absolute best portmanteau name ever, 'skinimalism' (minimalist skincare) has been trending for a while and is becoming even more popular as people look to scale back their routines; whether that's down to budget, time or sensitive skin.

The idea is simple: fewer products, but higher quality ones that actually do more. It could be a multifunctional balm that works as a cleanser, makeup remover and mask or it could be that it has multiple benefits, such as a barrier-repairing moisturiser or hydrating skin tint with SPF.

Less layering of products not only reduces irritation, but also makes your routine easier to maintain. It can also be a bit easier for your budget to handle. Skinimalism emphasises using what works and letting the skin do its natural repair rather than completely overloading it with a complex mix of ingredients and actives.

☑ ADOPT Korean skincare

Korean skincare has been trending in one way or another for over a decade, but we're currently in the middle of a new wave. While we're probably not all doing our 12-step K-beauty skincare routine anymore, layering products is still a thing.

Essences, ampoules, hydrating toners, sheet masks and ingredients like propolis, centella Asiatica and snail mucin are all big right now. Korean skincare routines focus on prevention, hydration, glow, soothing ingredients and healthy, even skin. It's also about applying products mindfully, layering them up and letting them absorb properly.

A Korean skincare routine is about being intentional with your daily routine, and it's never about chasing a quick fix. Adding a few K-beauty-inspired steps can make a big difference in hydration, texture and gorgeous, glowing skin.

For anyone new to Korean skincare, it's best to start with a few simple products to build a solid routine. A gentle cleansing balm or oil removes make-up and impurities without stripping your skin. Look for nourishing ingredients like squalane or ceramides. Follow with a hydrating toner – a million miles away from the old-school, alcohol-based toners that used to sting the skin – to replenish moisture and prep your skin for the next steps.

☑ ADOPT Tech-driven tools

At-home skincare tools, tech and treatments have become more accessible and are still going strong after seeing a huge boost during lockdown. They've also become smarter, powered by AI and algorithms to assess and help your skin.

Tech tools like LED masks, microcurrent devices and at-home hair removal are seriously popular right now, but

>

can be expensive – though more affordable than salon treatments. It feels like you can't scroll on social media without seeing an LED mask.

The good news is that these tools can provide real benefits if used properly. LED therapy can reduce inflammation and boost collagen production, while microcurrent devices can help tone facial muscles. The caveat here is moderation and using them correctly.

Devices should complement, not replace, your skincare basics like cleansing, moisturising and SPF. Following instructions carefully and avoiding overusing them is important.

Tech tools

"Tech tools like LED masks, microcurrent devices and at-home hair removal are seriously popular right now, but can be expensive – though more affordable than salon treatments."

APPROACH WITH CAUTION Over-exfoliating

Exfoliation can be great to brighten up dull skin and smooth out texture, but overdoing it is a common mistake. With so many viral routines promising an instant glow, it's easy to go overboard on scrubs, acids, tools and peels all at once.

Too much exfoliation can compromise your skin barrier, leading to irritation, redness, sensitivity, breakouts and even damaged skin. It can also leave your skin feeling sore and vulnerable to environmental stressors and infection.

The key is moderation. If you're using retinol, you don't need to add another exfoliator into your routine. And if you're using a scrub, skip that trending chemical exfoliator that's a "glow must-have" – they do the same job, just in a different way. The same goes for chemical peels. Be gentle with your skin during and after exfoliation, and always add SPF on top to keep your renewed skin protected.

APPROACH WITH CAUTION An over the top beauty sleep routine

An overnight beauty sleep routine might sound dreamy, but isn't always the best thing for your skin. Overloading it with serums, thick creams, sleep masks and even mouth-taping can actually do more harm than good.

The reality is that your skin can only absorb so much at a time and piling on products can lead to clogged pores, irritation or even disrupt the natural repair processes that happen while you sleep.

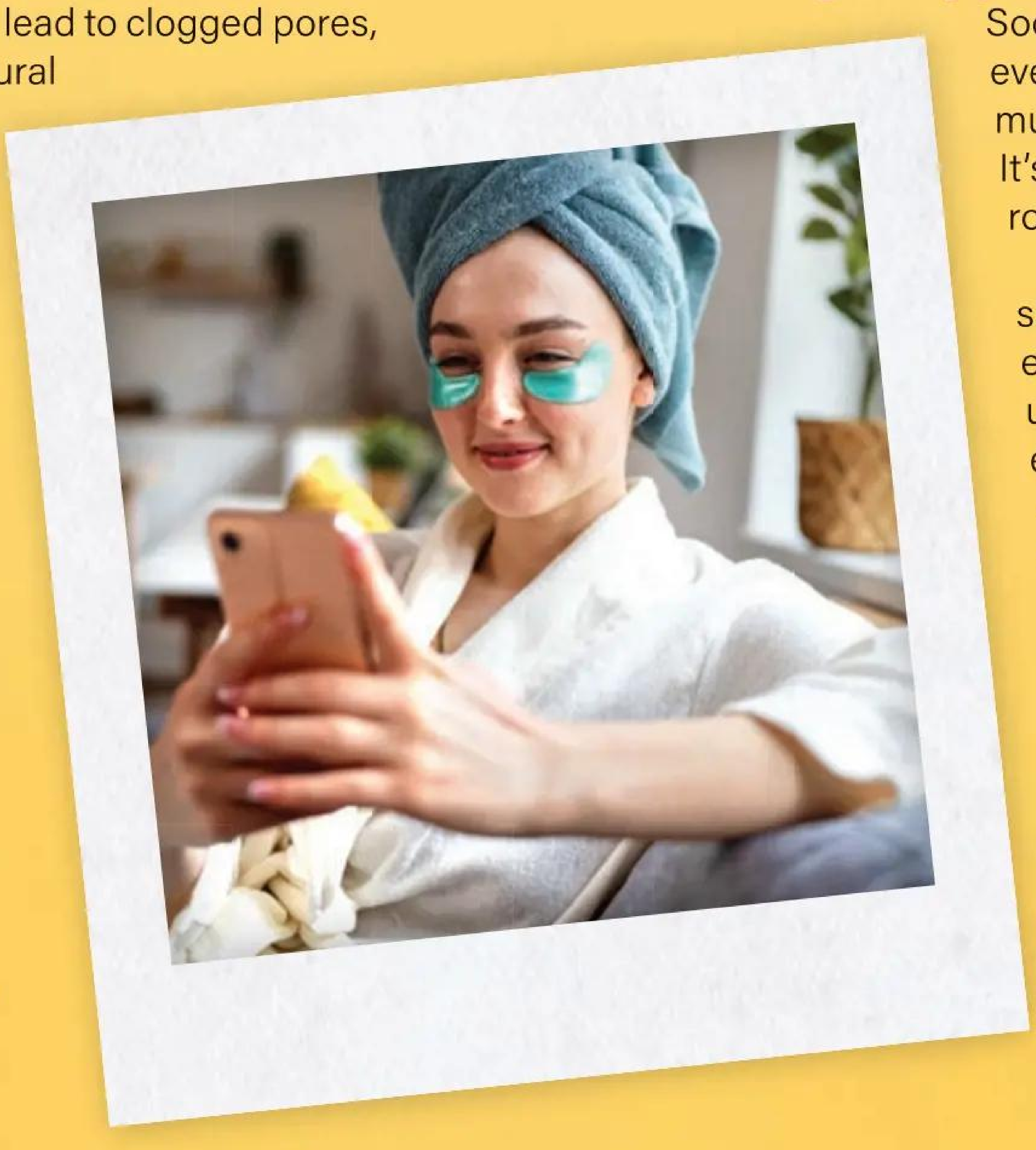
The idea of a supercharged overnight routine often comes from marketing hype rather than science. In practice, less is usually more. Sleep is important for skin health, but overloading your face might leave your skin stressed in the morning, and you feeling tired.

APPROACH WITH CAUTION Glass skin

The glass skin trend is all about that smooth, almost reflective glow that looks like it's coming from within. It's easy to see why people love this Korean-inspired look so much. The tricky part is that some of the glass skin photos and videos you see might not be achievable without filters, video editing or using products that don't actually benefit your skin. It's also a look that gets trickier to recreate as you get older.

Chasing it too hard can backfire. Layering too many products or over-exfoliating in an attempt to get instant results can leave your skin irritated, red or more sensitive than before. A better way to approach it is to take the idea as inspiration rather than a rigid goal.

Focus on the basics: keeping skin hydrated, exfoliating gently and using nourishing products that support your natural barrier. Think lightweight moisturisers, hydrating serums, sheet masks and antioxidants – products that help your skin glow without overdoing it. The goal isn't perfection, it's healthy, happy skin that looks and feels cared for.



APPROACH WITH CAUTION Using every product all at once

Social media leads us to believe that every new (or not-so-new) product is a must-have and the key to great skin. It's easy to fall into the trap of complex routines with multiple actives.

At worst, this can damage your skin, overwhelm it or reduce the effectiveness of the products you're using. Consistency with a few effective products often beats a complicated routine that causes stress for your skin.

Using too many acids, retinoids or exfoliants can compromise the skin barrier, causing redness, irritation and sensitivity. Introducing one new active at a time allows you to check how your skin reacts, and spacing out treatments ensures your skin has time to recover.

10 minutes with a Dermatologist

Your skin questions, answered

We grab 10 minutes with Consultant Dermatologist **Dr Emma Craythorne** to get the answers to some of the most pressing skincare questions

Q&A How can I tell if my breakouts are hormonal, stress-related, or product-related?

- **HORMONAL PATTERN:** Breakouts are usually on the lower face, but can be anywhere, jawline, neck; the flares coincide pre-menstrually or with cycle changes, and often coexist with seborrhoea, oiliness, dandruff, unwanted hair growth. Comedones (blackheads/whiteheads) may be fewer than inflammatory lesions.

- **STRESS-RELATED:** Sudden flares during acute stress or sleep deprivation; more papules/pustules than nodules. Usually there is increased picking and barrier disruption, and obviously the history of stress.

- **PRODUCT-RELATED (ACNE COSMETICA):** Monomorphic small closed comedones/papules; distribution matches application zones (hairline, jaw/neck from occlusive sunscreens, pomades, heavy foundations). Improves on taking a product holiday (2-4 weeks) and simplification.

- **WHAT I DO:** Review hormones/medications, map lesion distribution, inspect comedogenic/occlusive ingredients, and check for barrier injury. Treat the driver – e.g. spironolactone/COCP for hormonal; reduce occlusion and add BHA/retinoid for product-related; address sleep/stress, gentle regimen for stress-linked.

Q&A How much of ageing skin is genetic vs lifestyle-related?

- **BOTH MATTER**, but extrinsic factors (UV, smoking, pollution, glycaemic load, sleep) account for the majority of visible variance in photoageing between people of similar age. Genetics set susceptibility; behaviour writes the outcome.

Q&A How can you tell eczema, psoriasis, and "just dry skin" apart? They look very different!

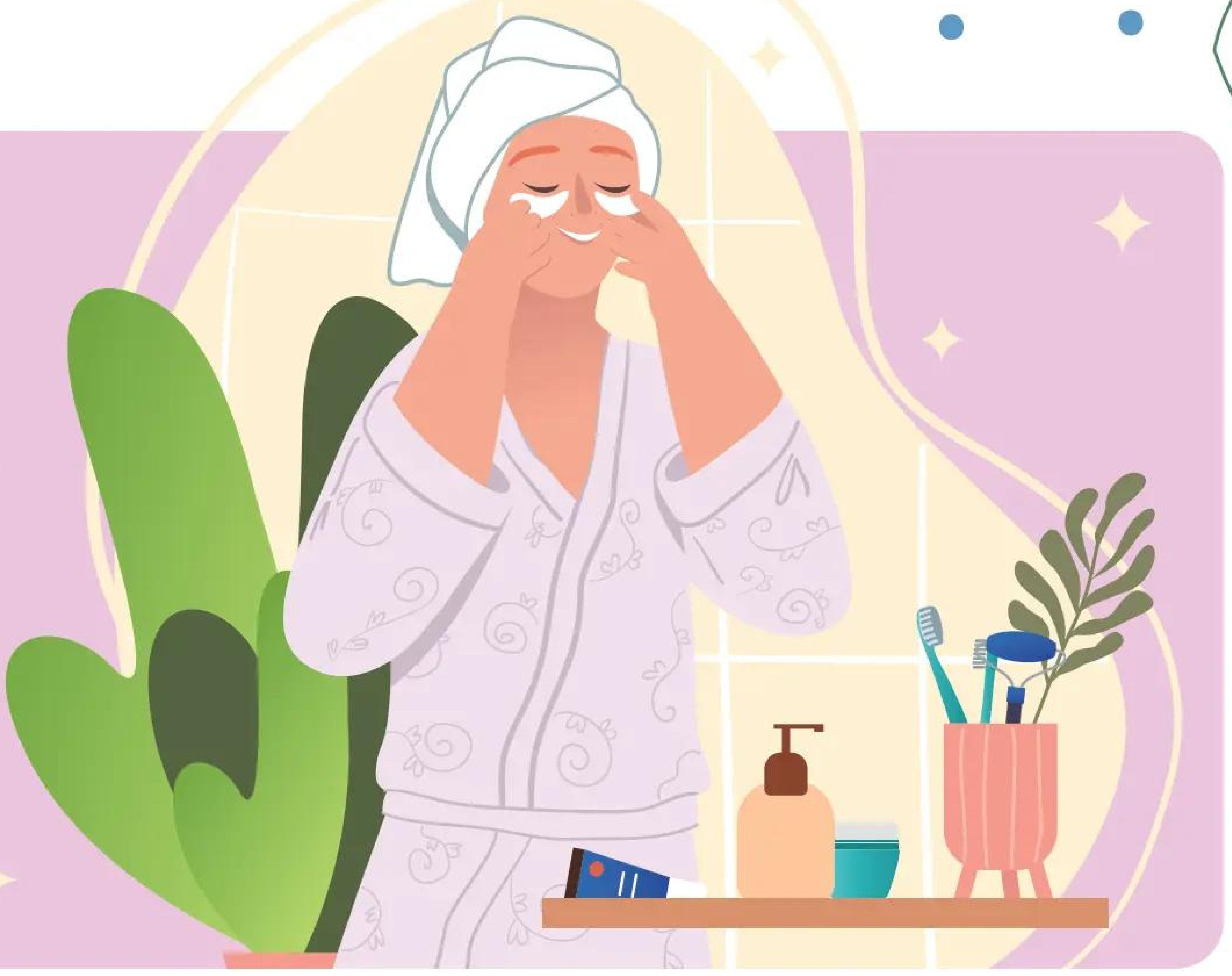
- **ECZEMA (ATOPIC/IRRITANT/CONTACT):** Itchy first, rash second. Ill-defined erythema with scale; lichenification from scratching; flexural sites in adults; barrier fragility and stinging with actives. Contact patterns (watch strap, hair dye, fragrance zones) suggest allergic contact dermatitis.

- **PSORIASIS:** Well-demarcated plaques with silvery scale; Auspitz sign; extensor surfaces, scalp with thick scale, natal cleft; nail pitting/onycholysis; may have arthropathy. Itch variable.

- **XEROSIS ("DRY SKIN"):** Fine, diffuse scale without marked erythema or clear plaques; worsens in winter/low humidity; minimal itch unless severe. >

Q&A What are the best ways to tighten skin and under-eyes?

TOPICAL RETINOIDS help collagen turnover, but give modest tightening. If you're looking for something procedural, fractional lasers (1550/1927 nm; or CO_2 for suitable candidates), RF microneedling, and focused ultrasound are the mainstays for laxity. Under-eye management depends on the diagnosis – skin laxity (fractional/RF), true hollowing (expert HA filler or polynucleotides in selected cases), pigment/vessels (targeted lasers/PDL). Choose an experienced dermatology team; peri-orbital anatomy is unforgiving.



Q&A Which treatments really help reduce fine lines and wrinkles?

- **HIGHEST IMPACT:** Try to improve your general health and wellbeing – focus particularly on getting the right amount of sleep and improving your diet.

- **DAILY BROAD-SPECTRUM 50** with incorporated evidence-based antioxidant complex.

- **ENQUIRE ABOUT PRESCRIPTION RETINOIDS** (tretinoin/adapalene/tazarotene).

- **STOP SMOKING!**

- **TARGETED ENERGY-BASED DEVICES** (fractional non-ablative/ablative lasers, with the work undertaken by specialists)

- **NEUROMODULATORS** for dynamic lines, HA fillers for volume-related folds.

Q&A Skin cycling vs building to daily retinoid – what's best?

- **EVIDENCE BASE:** This is important – retinoid efficacy relates to total exposure over time – the idea of skin cycling doesn't tie in with the circadian rhythm of the skin and is all about marketing. The evidence is for a nightly prescription grade retinoid – anything less than that has weak evidence.

My approach involves starting on a lower dose of the retinoid and gradually increasing on a nightly basis. "Skin cycling" is confusing and has no advantage – it's much better to find a formulate retinoid that can be used every night if you want to gain the retinoid benefit.

Q&A AHAs – what are the differences and who should use what?

- **GLYCOLIC ACID:** Smallest molecule; greatest penetration and efficacy; has a higher sting potential. Texture, dyspigmentation; normal-oily, non-sensitive skin.

- **LACTIC ACID:** Larger, humectant properties; gentler brightening; good for dry/sensitive skin.

- **MANDELIC ACID:** Largest AHA; slower penetration; antibacterial tendencies; useful in acne-prone or pigmented skin, and for darker phototypes with lower PIH risk.

- **MALIC/CITRIC (FRUIT AHAS):** Milder; often in blends.

- **IF ACNE/BLACKHEADS DOMINATE:** A BHA (salicylic acid) is superior for comedones. For very sensitive/rosacea-prone skin, consider PHAs (gluconolactone/lactobionic).

Q&A Do LED face masks actually work?

- **YES, WITHIN LIMITS.** Blue (≈415 nm) helps inflammatory acne; red (≈630–660 nm) and near-IR (≈830–850 nm)

Q&A Retinol or hyaluronic acid – which is best, and when should I apply them?

ESSENTIALLY THESE TWO THINGS DO DIFFERENT JOBS. Prescription retinoids remodel epidermis/dermis over months. This is different to retinol, which has less evidence to say it does this – this is important. Hyaluronic acid (HA) is a humectant for immediate hydration.

My advice is to concentrate on layering in the morning. Your routine should be: cleanse → HA serum (damp skin) → moisturiser → SPF.

In the evening: cleanse → retinoid → moisturiser (swap order or 'sandwich' for sensitivity). If your skin is dry, add moisturiser before and after the retinoid.

can reduce inflammation and support wound healing. Clinic devices deliver higher irradiance and tend to outperform at-home masks. Consistency (using 3-5 times a week for 8-12 weeks) is key; results are incremental, not dramatic. Blue light will potentially make hyperpigmentation worse – so approach with caution.

Q&A When should we be worried about skin cancer?

- **MELANOMA:** Any lesion that is new, changing, or "ugly duckling", consider ABCDE (Asymmetry, Border irregularity, Colour variegation, Diameter >6 mm or different to your others, Evolving). Acral, nail, and mucosal sites matter too.

If you have keratotic/non-healing lesions for more than 4 weeks, recurrent bleeding, pearly rolled edges, or a persistent scaly patch, seek assessment.

High-risk individuals (personal/family history, immunosuppression, many atypical naevi): have routine full-skin checks.

Q&A What are your most recommended ways to keep skin looking young?

- **WEAR DAILY** broad-spectrum SPF 30-50, 365 days a year.
- **NIGHT-TIME** prescription retinoid use long-term – not just retinol!
- **DON'T SMOKE**, consume alcohol in moderation, and prioritise sleep.
- **CONSUME A BALANCED DIET** (Mediterranean-leaning), start resistance training; and try to manage stress.
- **GENTLE, CONSISTENT SKINCARE** – cleanser, moisturiser, antioxidant serum if tolerated.
- **TREAT INFLAMMATORY** dermatoses early to limit collateral collagen damage.

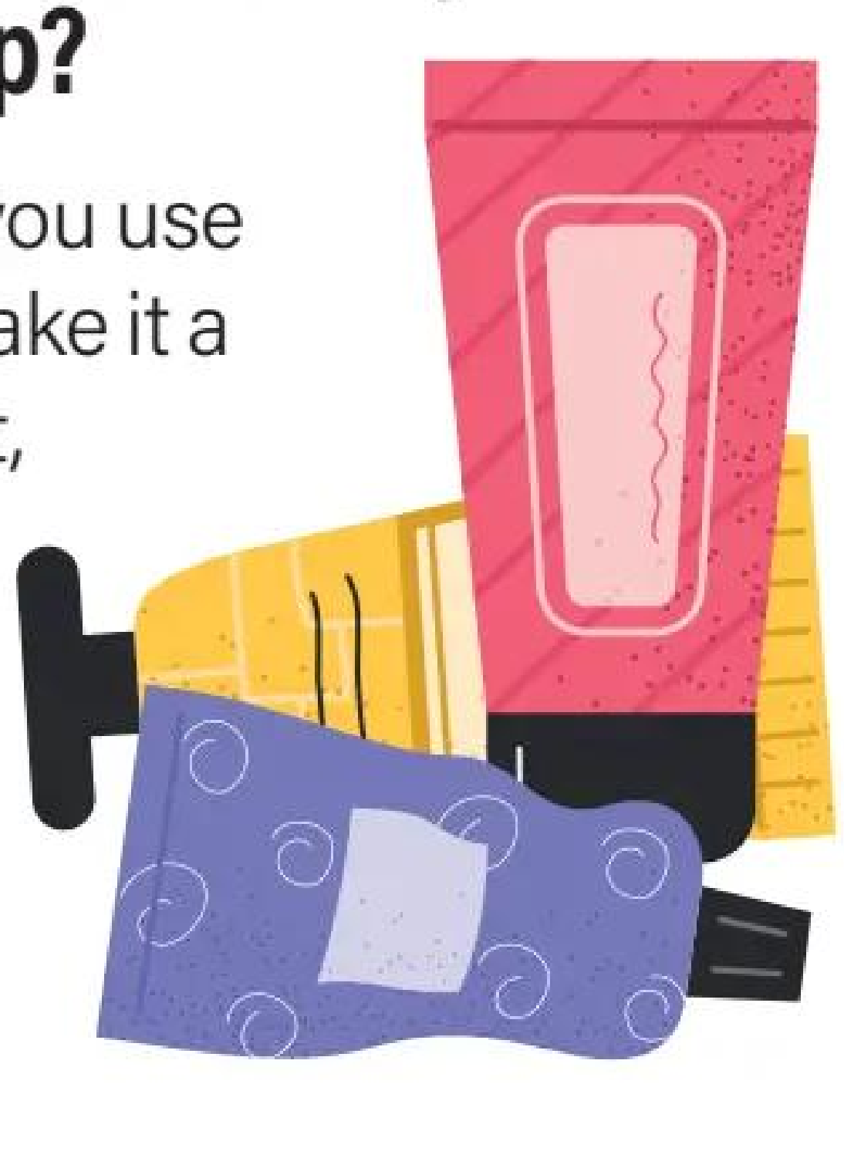
Q&A What are the most overrated skincare trends right now?

- **EXCESSIVE EXFOLIATION**/"peel stacking" (barrier damage masquerading as glow).
- **DIY MICRONEEDLING/DERMAROLLERS** – infection/PIH risk.
- **SLUGGING** for everyone – helpful for eczema/dry types, pore-clogging for oily/acne-prone.
- **COLLAGEN DRINKS** for wrinkle reversal.
- **PORE VACUUMS** – capillary trauma; transient benefit.
- **MOST 'SKIN TIGHTENING' DEVICES** on the market.

In fact, most skincare trends are overrated.

Q&A If someone wanted to simplify their routine, what's the one product they should never skip?

- **SUNSCREEN.** If you use only one product, make it a cosmetically elegant, broad-spectrum SPF 30-50 every morning, all year. Everything else is additive. ■



Q&A Can you make pores smaller?

- **THE NUMBER AND SIZE** of your glands are fixed, but you can reduce the appearance. Prescription retinoids (normalise follicular keratinisation), niacinamide 2-5 per cent (sebum/texture), salicylic acid, appropriate oil control, and procedural options (microneedling, fractional lasers) can all help. Avoid heavy occlusives in pore-prone areas.

Meet the dermatologist

Dr Emma Craythorne is a Consultant Dermatologist and laser surgeon at Guy's and St Thomas' NHS Foundation Trust and One Welbeck Skin Institute, London, and member of the British Cosmetic Dermatology Group. She specialises in photodamage and photo-related skin disease – including skin cancer, photoageing and xeroderma pigmentosum – and is a recognised expert in medical lasers and reconstructive dermatologic surgery. She has authored a dermatology textbook and her second book, *An Owner's Guide to the Skin* (DK), is coming soon. Dr Craythorne presents *The Bad Skin Clinic* (UK; *Save My Skin* in the US) and co-hosts a dermatology podcast.

A-Z of SKINCARE TERMS

Fed up with the jargon? Let's break down the key skincare terms you need to know...

- **Active Ingredients**
Components that specifically benefit the skin and target specific concerns such as wrinkles, acne or dryness.

- **Antioxidants**
Substances that protect the skin from damage caused by free radicals.

- **Barrier**
The outermost layer of your skin that keeps moisture in and irritants out.

- **BHAs (Beta Hydroxy Acids)**
Exfoliating acids (such as salicylic acid) that go deep into pores to unclog and reduce breakouts.

- **Cleanser**
A product that removes dirt, oil, suncream and makeup. The first step of every skincare routine.

- **Dermis**
The middle layer of skin that contains collagen, elastin and blood vessels. It gives skin strength, flexibility and firmness.

- **Emollient**
An ingredient that softens and smooths the skin, such as ceramides or fatty acids.

- **Epidermis**
The outermost layer of skin, where cell renewal and barrier protection happen. It's your first defence against the environment.

- **Exfoliation**
The process of removing dead skin cells to smooth texture and boost glow, often either through scrubs or chemicals.

- **Free Radicals**
Unstable molecules that damage skin cells and accelerate ageing; antioxidants help neutralise them.

- **Humectant**
Ingredient that draws moisture into the skin (such as hyaluronic acid).

- **Hypoallergenic**
Formulated to minimise the risk of allergic reactions (though not guaranteed to prevent them).

- **Hypodermis**
The deepest layer, made mostly of fat and connective tissue. It cushions the body and helps regulate temperature.

- **Microbiome**
The community of beneficial bacteria living on your skin's surface that help maintain balance and protect against irritation.

- **Moisturiser**
Locks in hydration and helps repair the skin barrier. Comes in creams, gels and lotions.

- **Non-comedogenic**
Formulated not to clog pores – ideal for acne-prone skin.

- **Occlusive**
Ingredients such as shea butter that seal moisture in by forming a protective barrier.

- **pH Balance**
The natural acidity level of skin that keeps bacteria and irritation in check (around pH 5.5).

- **Retinol (Vitamin A)**
A powerhouse ingredient that boosts cell turnover and smooths fine lines.

- **Serum**
A lightweight, concentrated product that targets specific skin concerns like dullness or pigmentation.

- **SPF (Sun Protection Factor)**
Indicates how well a suncream protects against UVB rays. Use SPF 30 or higher daily.

- **Toner**
A post-cleanse step that balances the skin's pH and preps it for serums or moisturiser.

- **Vitamin C**
A brightening antioxidant that helps even skin tone and fight free-radical damage.

Introducing our experts

To make sure we're bringing you the most reliable information, we've gathered a team of experts to write this issue...

ASAL SHIRAZI

Asal Shirazi BEM is the CEO/Founder of the Autoimmune Support and Awareness Foundation, and an entrepreneur, author and innovator in the field of functional, plant-based skincare and advanced aesthetics. She is the founder of Jeunvie®, a skincare brand recognised for its vegan, collagen-supporting formulations that combine cosmetic elegance with clinical efficacy.

DR KIRAN JUNEJA

Dr Kiran is an experienced aesthetics practitioner. Having performed more than 3,000 non-surgical injectable procedures, she is Harley Street trained in advanced botulinum toxin, full-face rejuvenation, medical-grade skincare and dermal fillers. She's passionate about patient safety, natural results and tailored treatment plans to enhance confidence.

DR ED ROBINSON

Photo © Liz Isles Photography

Dr Ed Robinson is a GMC-registered doctor with eight years of medical experience and is an associate member of the British College of Aesthetic Medicine. He focuses on producing natural-looking, non-surgical results and runs CQC-registered clinics in Cheshire and London's Harley Street. Dr Ed Robinson Aesthetics was founded in 2021 with the aim of applying medical knowledge, understanding of anatomy, physiology and pharmacology to benefit his patients cosmetically.

LYNNE HENDERSON

Founder of Natural Skin by Lynne, Lynne is a Skin Specialist with more than 20 years of experience. With CPD Diploma in Skincare Treatments, ABT Diploma in Practitioner Facials, CIBTAC Facial Skincare, MASCED Accreditation, and Advanced Skin Anatomy & Physiology, she offers support with conditions such as acne, rosacea, eczema and psoriasis.

LAUREN HUGHES

Lauren is a Facialist and Founder of Skin & The City – a facial studio in Hackney. She assesses client's skincare routines as well as lifestyle factors to help them achieve their healthiest, happiest skin. Follow her @skinandthecityuk for ageing gratefully posts and skin tips.

JESS BEECH

Jess is a Beauty Editor with more than a decade of experience. She's written for publications including *woman&home*, *The Sun*, and *Popsugar*. Over the years, Jess has tried and tested more beauty products than she's eaten packets of Percy Pigs – and trust us, that's a lot.

LUCY THORPE

Lucy is a beauty writer and trained beauty therapist with a passion for skincare and wellness. She has worked with a variety of global brands and explores the latest beauty trends, innovations and treatments that help people to feel confident in their own skin.

30 DAYS TO Better SKIN

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Anthem's purpose is to help people lead happier, healthier lives. As part of this, since 2019 Anthem has donated over £78,000 to charities connected with mental health, food banks, community projects and international aid.

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What's next?

Congratulations, you've reached the end of your 30 day challenge. Hopefully you've discovered lots, now it's time to decide what to do with your new knowledge and healthy habits...

Giving yourself the gift of healthier skin through the habits you've learned in this issue is something you should be proud of. But now you need to decide how you want to continue.

Our calendar on page 76 will help you to plan out the next 30 days, but what else can you do to make your new habits stick? You may feel that the routine you built over the last 30 days is enough to get your skin back on track, or you may want to keep trying new ingredients and products to see what effects they have. Making use of the skin routine journal on page 78 will help you to remember to stick to your new cleansing, toning and moisturising routine every morning and evening – plus you can schedule in some weekly treats to give your skin an extra boost when you have a little 'me time'.

Reflecting back over the last month is useful in deciding what you should do next, so here are some prompts to get you thinking...

How do you feel?

Take a moment to check in with yourself. Grab a pen and jot down your thoughts:

How do you feel your skin has changed from day 1 - 30?

Have your new habits had any other bonus benefits?

What changes would you still like to see with your skin?

You've got this!

Your journey doesn't end here – it's just the beginning! Keep listening to your body, making mindful choices and enjoying the benefits of having healthier, radiant skin.

The habits I found most useful:

What I still need to work on:

One non-negotiable part of my new routine:

Ingredients/products I'd buy again:

New habits/products I'd like to try:

"Invest in your skin; it's going to represent you for a long time."

Miranda Kerr

30 DAYS TO Better SKIN

BEAUTIFUL SKIN BACKED BY SCIENCE!

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